

Grass Roots

Craft and self-sufficiency

For down to earth people

Hay

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Log Cabins

Angora Goats

Second-hand
Chain Saws

Unleavened Bread

Wood Finishes

Selecting Fleece



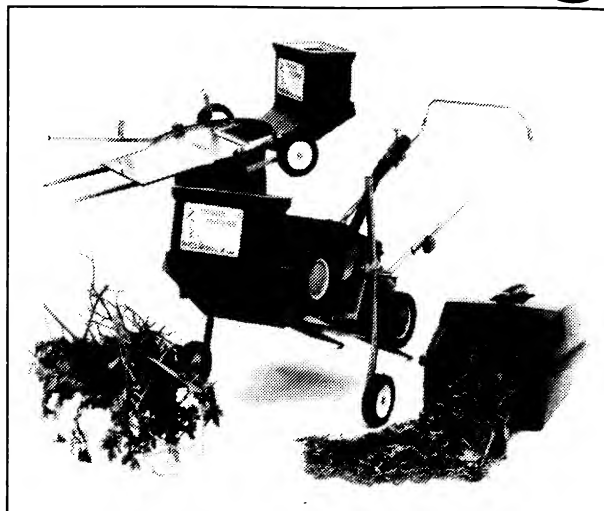
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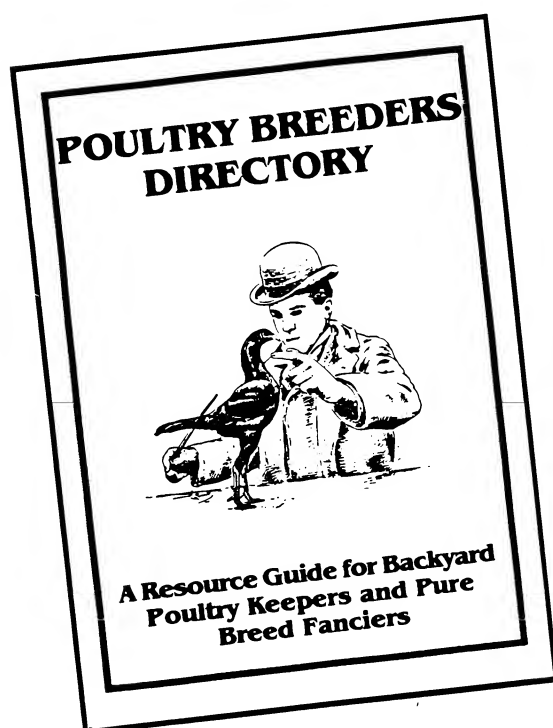
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POULTRY BREEDERS DIRECTORY

The directory describes the pure breeds currently being kept in Australia and lists the breeders who keep them. It mentions breeds that are popular and those that are rare or at risk from lack of support. Whether your interest be in turkeys, fowl, ducks, geese, peafowl, pheasants or guinea fowl, this book is a must.

* The Poultry Breeders Directory costs \$5.00 and is available from: Night Owl Publishers
PO Box 764 Shepparton 3630.





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Front Cover: For many of us winter is synonymous with wood fires which conjure up romantic notions of glowing coals, dancing firelight and tangy smells. The real picture, of course, is that they are one heck of a lot of work. This issue contains a number of articles aimed at making the job of cutting and collecting much easier - points to look at when buying a second-hand chainsaw, hints for stacking and storing wood, and an easy to make canvas carrier for bringing in the kindling safely.

photo courtesy of Northside Productions.

Back Cover: This delightful shot is of a young Connemara pony and friend. The topic of homestead horse breeds has been thoroughly discussed in GR in recent months, but those familiar with this working breed say the Connemara has been practising the skills we are seeking for hundreds of years and are available at a realistic price. See page 35 for more on this placid, hard-working animal.

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear Grass Roots,

Thanks for giving us a magazine that never fails to bring me back to earth when the bills and stress have me spinning out. Thanks also for being a big factor in getting myself and my 6 year old Rebecca out of the city and up to this magic part of the world.

I now have enough money to buy a house block here and build a modest abode. I'm particularly interested in mud bricks, alternative heat and power and biodynamics. If any of your readers live in this area and can offer me ANY ADVICE about buying land and building wisely I'd love to meet you and listen. Also we have left all our dear friends behind and are pining for company, so we'd love to hear from any of you. Peace to you all.

Terry Cox

**C/- Lillyponds Caravan Park
MAPLETON 4560.**

Dear All You Nice People.

I feel the same as most readers of *Grass Roots* - to lose oneself in its friendly pages is to come out refreshed. I thank you all for that. I wrote once before - very upset - I got some nice letters from caring people which in my depression I failed to answer and now cannot find them, thank you people for caring and I am sorry I failed you.

We are still struggling along, but even though my husband had to have a complete breakdown to do it, he is now home with us. We are camping in our half built house and struggling to make ends meet -but Johnny is here, not living in Brisbane.

We have built up our goat herd, which means we either have to make extra money to feed them or they go. We have also found an ideal breed of DOGS FOR SMALL HOLDINGS and goat work, by pure accident, breeding from a bitch my son bought for a pet. We have her first daughter - AI - and this third litter are all winners. Hope to have them sold soon so that will put some money into feed bin. Goats are a problem when it comes to the right dog, also small blocks because of the diverse stock worked. You need a dog that can work on command, think for itself, be gentle when needed, be taken seriously when needed, act as a watch dog and child companion. What a lot - but these dogs are it, so I have got something at last.

Will be working while it's cooler - the heat sure knocked me



Edited by Megg Miller and Kath Harper.

Published by Night Owl Publishers Pty. Ltd, Box 764, SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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around. We have worm beds to re-organise, and a vegie garden to get going again. My bantams cleaned the last one out. We have a friend staying with us who is helping with our attempts at aquaculture, so we may get something going now. God bless and hope the future works for you all and your dreams at least come partly true.

**Dianne, JR, Buchanan & Bill Brennan
Creek Farm
Hacienda Cres
COOMINYA 4311.**

Dear Megg,

Could anyone tell me if there is any organic way of ridding PAWPAWS of oriental scale, and getting rid of scale and fruit fly on MANGOES. Can anyone give me some handy hints on organically growing vegetables on an acre of dirt? We are looking to buy some property in the Yarwun area within the next six months or so and wish to live in the area while we look, so if anyone can tell us about local property values and the best places to look for property to buy or rent, we'd really appreciate it. Peace.

**Danielle Campbell
PO Box 71
YARWUN 4694.**

Dear GR Folks,

For all the victims of SANDFLIES AND MOSQUITOES I have found a product 'Green Ban', available from Health Shops or Mulgum Hollow Farm, PO Box 47, South Lismore 2480. It supersedes any other alternative repellents I have tried and Vitamin B in massive doses. It is slightly oily which is all right if you are outdoors but when dressed in finery I use sandalwood oil. Both cost about \$6.00 but a little goes a long way.

Also for people wanting CALCIUM but not through dairy products, make sesame milk. Just blend sesame seeds with water, basically. I prefer to strain the pulp which can be made into cheese. Add banana, honey, vanilla, nutmeg or whatever if so desired. Almond milk can be made the same way. Sesame milk is very good for pregnant and nursing mums and keeps breast lumps and infections away. A good reference book is *Raw Energy* by Leslie & Susannah Kenton, Doubleday.

To obtain fruit from a six yo FEJOA tree, do we need another feijoa tree? It has heaps of flowers but no fruit.

I remember a reader's story on how she made a TEEPEE for her children using vines as the covering. I have diligently searched all back issues with teepee references but cannot find this article. Perhaps someone will be able to tell me how to make one.

I would also like to hear from any home schoolers in Qld (not correspondence school), and anyone in the Mackay area interested in alternative education. I would like to contact any GR people who live around Mackay - are there any? Mackay also lacks the services of a homebirth midwife. I have placed an ad for one and would like to know of anyone wanting to have the option of homebirths in the Mackay area. Thanks to all and cheers.

**Heather Cleary
C/- PO
ETON 4741.**



Dear Folks,

Thank you Carol Fickling for your letter in GR 72 about my ALTERNATIVE COMMUNITIES DIRECTORY. Unfortunately, at the time of your letter I was running out of copies of the directory. Due to the sudden influx of orders, I am photocopying the Directory (still on Ecopaper). As photocopying is far more costly than printing, the Directory now costs \$2.00. Please send money order or cheque to me at the address below. I will not accept stamps as payment, as stamps will not pay for photocopying. Any delays in receiving the Directory are because I am unable to meet costs of both photocopying and postage at the old price of \$1.20.

**Robin Goodfellow
PO Box 341
SPRING HILL 4004.**

Feedback Link-Up Feedback

Hello Grass Roots,

You make me a little humble at times. Positive thinking leads me to wanting to live in the country. Been there before, younger and busy with fulltime position. Now with a magnificent male friend we've decided to pool our resources (practically nil) and head for country magic.

Miva via GUNALDA we've a yen for – are there any GR people that know this area? In a country house with some land, we could fulfil our wish to grow our greens, rise early, retire after busy but happy day refreshed for day following. Would love to hear from you. We are 60s young, living now in our vans. We know we can do better, enjoy days more completely, smell bush, appreciate stars and moon, keep smiling and listen to Macka on a Sunday morning.

Joy and Ron
PO Box 639
REDCLIFFE 4020.

Dear Friends,

I live in PNG with my husband Alan and 13 month old daughter Whitney-Jade. Are there any READERS IN PNG, if so, why not get in touch? That goes for anyone else who feels like dropping me a line from anywhere. I am 28 and am interested in natural health (I'm $3/4$ through a naturopathy diploma), home and alternative education, organic gardening, travel and meeting people. We live a fairly 'down to earth' lifestyle and one day intend to live on our own acreage and strive for self-sufficiency.

My second reason for writing is because we are seeking a FOSTER HOME, preferably in the Cairns region, for our 9 $1/2$ yr old male foxie. He is presently in the kennels in Cairns as we are still deciding whether to bring him up here or not (it depends on how long before we are based back in Cairns as there is a 9 month quarantine on return). He is loving and faithful, a good watchdog and needs a small secured yard and loads of TLC. So anyone interested please write soon.

Thanks for a great magazine. I'll say love and peace to all.

Anne-Marie Chatfield
PO Box 559
BOROKO PNG.

Dear Grass Roots,

We have read with interest your magazine over the last few years, and wonder if anyone can help us. We have a LEAKING DAM. Please has anyone any suggestions or experiences in plugging the same? Western bentonite was suggested, which we know is a foundry product. Does anyone know if it works? If it works, will it repair the dam without harming the environment, or the wildlife and stock that use it? Taking it that everything is OK, where do we purchase the product?

Also, does anyone know where I can get cuttings or some seeds from the WOAD SHRUB? It was used for obtaining blue or black dyes before indigo replaced it. These days it is little used because the process to obtain the dye is quite involved. It is a European cruciferous plant, *Isatis tinctoria*, with a four petal flower in the shape of a cross. Peace to all.

Rob and Carol Lewis
Lot 1 William Rd
BULLENGAROOK 3437.

Dear Megg and David,

Firstly let me say that I've been an avid reader of *Grass Roots* for over three years now and I have got much insight and pleasure out of 'our' magazine. I've been working on Hamilton Island for the past eighteen months or so, trying to save enough money to get myself a piece of land and really start living. Finding out I was pregnant and alone sort of hurried things up a bit as you probably imagine.

I have some friends living up in the EUNGALLA DISTRICT who have been enormous help to me in finding my 'slice of heaven'. I'm now living in a two storey shed with five acres I can call mine. I've got a combustion stove which is very temperamental. I've also put the word out about some chooks and geese (there being two dams within 100 yds of my front door). I've started a vegie garden and am going to start growing a herb garden soon.

What I would really like is to hear from other people who are in the same position as me (I'm 28). I like writing letters and if anybody who lives in the area would like to visit, I'd love to see you. Also if

anybody has a good way of keeping SNAKES out of the house, could they please let me know as in the last week I've chased two snakes out with my broom.

Well hoping to hear from lots of other GR people in the near future.

Lyn Williamson
Blue Gums
Crediton Road
DALRYMPLE HEIGHTS 4741.

Dear Megg and David

My husband and I have bought a ten acre plot close to Ravenswood, Victoria. We are interested in BUILDING IN STONE, such as limestone, sandstone or bluestone. We would love to hear from anyone who has used these materials themselves and knows the pros and cons of such, in terms of insulation, installation, or any other useful hints. The ultimate aim will be to build within the next couple of years, finances permitting. By the way we have just recently started reading *Grass Roots* mag and love all the information, ideas and enthusiasm from it.

Theresa Martin
34 Jacob St
BENDIGO 3550.

Hi Folks,

I am writing because I am concerned with the use of POISONOUS CHEMICALS in our environment and I know a lot of other readers are too. So I thought I'd suggest that everybody who's had some experiences with poisoned soil, or livestock or knows anything about such things write to their local papers, favourite magazines, anywhere that it will get media coverage so that more people can be informed of the damage. Imagine if we all wrote to somebody, there would be a lot more environmentally responsible people around (I hope).

Good luck, health and happiness to all.

Sharon Moore
RMB 3840 Wisemans Ferry Rd
SOMERSBY 2250.

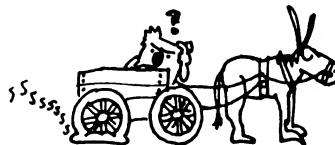
Dear GR People,

Stephen and I are very happy here on our half-acre together with dogs, ducks, geese, fish, fruit trees, vegies and nearby bushland. As much of the surrounding countryside has been cleared, I have been very enthusiastic about planting a native garden. The effort is being well rewarded with birds – both permanent and temporary residents.

In order to maximise sun or shade according to season, we built mobile pens for our poultry. To make them light to move, they are small and low. For a long time, this meant mucky knees for the chief egg collector. However Stephen has revolutionised this with a simple implement we call an 'EGG-RETRIEVER'. All he did was to glue a plastic ice-cream scoop into a 1.5 m (5 ft) long piece of 32 mm (1 $1/4$ in) electrical conduit. The first day, I was so pleased I used it to carry the egg right up the yard in a kind of a glorified egg-and-spoon race. Of course to the dogs' delight, I tripped on the back doorstep and splattered the egg all over the floor!

As a librarian working on a mobile library in a rural area (yes, women do drive semi-trailers too!), I would suggest that a multitude of queries made in Feedback could be easily answered at your local library. Even if the information is not available on the spot (after all, other GR people use the library resources too), it can often be requested in for you, possibly via an Australia wide LIBRARY COMMUNICATION NETWORK. If a small fee is charged for this service, it will be minor compared to the cost of driving or writing to other places. By using both Feedback and your library, you'll probably end up with heaps of GR friends on paper and in person. Be sure to see if your library subscribes to *Grass Roots* and other similar magazines! By the way I really enjoyed Maria Stephens' poem 'Encounter' in GR 70 (December). Did you? Giving you all a happy grin.

Fiona Mottram
Yea Rd
YARRA GLEN 3775.



Feedback Link-Up Feedback

Dear Grass Roots,

I am currently studying Residential Care at Carseldine College of Advanced Education here in Brisbane. At the present I am trying to gather information on ALTERNATIVE ACCOMMODATION. A friend who once upon a time lived in Nimbin suggested I get a copy of your magazine to see what I could find in it. After seeing so many letters from others requesting information, I decided it wouldn't hurt to appeal to other readers who may be able to help me out. Photographs, pamphlets or just some general ideas of what there is available in the way of alternative accommodation would be greatly appreciated. Good thoughts, good things.

**Sue McIntyre
9 Station Ave
NORTHGATE 4013.**

Dear Grass Roots,

Since my last letter (GR 61, p. 10) I have received so many letters from readers regarding our primitive skills and black powder club that I thought it would be a good idea to tell you about some PRIMITIVE SKILLS BOOKS. The books are produced by John McPherson, PO Box 96, Randolph, Kansas 66554 USA. These are the best books that I have read to date that deal with primitive skills. John's first book *Brain Tan Buckskin* shows how to make good usable buckskin, that is how to make a leather that can be made into clothing, and is soft, comfortable and will not shrink or go hard should you get caught in the rain. There is also a section on how to tan with the hair on. The thing that appeals to me about John McPherson's method of tanning is that it is not expensive and does not use any of those nasty chemicals that one so often has to dispose of afterwards. If you have ever taken an interest in natural tanning methods and wish to make your own buckskin, then you should buy the book. *Primitive Fire and Cordage* teaches the beginner how to make fire and cordage from materials found in nature. Although this book refers to trees and plant life present in America, it is easily adapted to native sources in Australia.

After these two books John McPherson wrote two more to complete a present series of four. The third is titled *Making meat 1* and covers the complete construction of the primitive bow and arrow. The methods shown are again easily adapted to Australia although some trial and error is involved when using native Australian timbers. *Making Meat 2* teaches you how to make many different types of animal traps from natural materials. The traps shown in this book have been well researched and work. They are also far more humane than the steel jawed, leg hold traps presently in use.

The basis behind these books is one of survival. However the lessons they teach can be of great assistance for those wishing to be closer to mother earth and to learn more self-sufficient skills. All four books cost US\$4 each including surface post.

**Keith Burgess
'Wychwood'
Boorolong Rd
VIA ARMIDALE 2350.**

Dear GR People,

I'm writing this letter on impulse. What prompted me was watching *60 Minutes* and seeing the sad stark reality of this world.

Has anyone tried to DEFINE exactly what A GR PERSON is? Perhaps the term can be applied to anyone looking for deeper and more meaningful values, though in *Grass Roots* magazine the emphasis is towards natural, simple and harmonious living, particularly as it applies to this planet we inhabit. Such GR people are spiritual in a down-to earth sort of way.

We each seek meaning in our own way. In my case I went to India several times, and ended up with a guru, though I don't have any pet dogma to propagate – however I know that quite apart from all the noise of the various philosophies and religious teachers, there is undeniably a spiritual dimension to life. A few times I have slipped into this transcendental state and it is the incredible peace and harmony of the experience that has heightened my feeling of disquiet when reading about and seeing on TV what is going on in this world, and most importantly the state of people's minds.

Those who have had the very good fortune to slip into what could be called the super-conscious state have often found the experience to happen at very ordinary moments, when they were not trying to achieve anything. It almost seems as though something plays games with us. The really curious thing is that the experience is not apart from this world; rather it is more encompassing, and the ordinary physical world is part and parcel of the transcendental experience.

This kind of gets me to one of my main points: that those striving towards simplicity and harmony with nature, themselves and others are doing something very spiritual, even if they don't know it. I have felt the spiritual undercurrent while working quietly in the garden, which leads to another point: that this awareness is what spirituality really is, not the belief-systems invented by man.

These days I feel much more affinity with down-to-earth practical people than with those who fanatically preach their particular doctrine. I've done it all – been a born-again Christian, danced in a Hare Krishna temple – and of course along the way one learns and grows. My spiritual perceptions deepened through exposure to a role-model in the form of Swami Muktananda, and for that contact I feel eternally grateful. He has left the body, and it has been a long time since I've seen any of his students, so I would like very much to take the opportunity to ask if there is anyone out there who has remained faithful to his memory and who would like to correspond.

My warmest regards, also from my wife Bhavna and daughter Ela, to all people who are trying to improve the quality of life, even in some seemingly insignificant way, for it all adds up.

**Barry Kauler
10 McCormick Way
NARROGIN 6312.**

Dear Megg,

Would I be able to put a request in the magazine? I had no idea that FOLKWEAR were going out of business so missed out on some patterns. Would anyone be able to sell or lend me Nos. 130, 137 and 240? I am also looking for Burda book No. 532 *Lace Knitting*. Does anyone have a copy I may buy or borrow or know where I might get one? Apparently this one is out of print.

**Jan Stiller
MS 214
GLADSTONE 4680.**

Dear Grass Roots,

I discovered *Grass Roots* about eighteen months ago, in which time our lifestyle has done a complete turnaround. Once our two sons completed school and found good places in the working world, Len decided he no longer wished to wear himself out in local government, so we sold most of what we had and bought a caravan and post hole digger (we already had an old Bedford truck and a little Inter tractor), and he and I went contract fencing, yard and shed building. Well! It was hard work to start with, but we haven't looked back. We have both lost weight and feel a lot healthier and now we have bought a place of our own, but will have to keep working for a while. Then we hope to be able to live in a self-sufficient lifestyle. At the moment I have been grounded with a broken ankle, which is how I have time to be writing letters, and hope somebody may be able to help me with a little information. How are COFFEE BEANS treated? I know they have to be roasted, but does temperature matter? And is there any more to it?

Best wishes to all readers.

**Sylvia Rendalls
'Sorrel Hills' DUARINGA 4702.**

Dear People,

A friend said that he once saw something in *Grass Roots* on MAKING A 'FLYING FOX' for the transporting of, in our case, materials on to site (30 m/100 ft) for an owner-builder house building project on sloping land. We have searched but cannot find the article – maybe one of your readers has information on an inexpensive but effective system. Thank you very much.

**Miriam Moloney
9 Peat St
BROOKLYN 2253.**

Feedback Link-Up Feedback

Dear Readers,

It has been a long haul but I'm almost there. It is April, 19 months since I returned from a 12 week exploratory trip to Australia in '87 and I've been working and saving hard since then to be able to return for much longer this time, perhaps even for the rest of my life.

I PLAN TO TRAVEL to as many interesting places as I can discover, and to meet real and interesting people along the way, and to find enough work to survive. My needs are small as I have a small basic income, but I will need some work. Perhaps readers may know of casual work suitable for a mature granny from NZ who is still reasonably active and willing to consider anything within reason.

Thanks to *Grass Roots* and two letters printed in earlier issues, Nos. 58 and 69, I've made contact with some folk already and look forward eagerly to eventually meeting as many of them as possible on my travels. I've gleaned much helpful information but there is so much more I have yet to learn. As I will not be departing till August, there is still time to hear from any of you who can offer tips about places to visit, coming events and celebrations, inexpensive places to camp or stay at, and work. I hope to find nanny/housekeeping work as well as other types of work like fruit picking but seek to work for caring people who live uncomplicated, simple lifestyles with the older, decent, honest values.

I'm intending to purchase a small motorhome as new as possible, so information and advice on motorhomes also most welcome. If anyone can help me to obtain a copy of the book *Outback Touring* by Ross McLelland I'd be most grateful.

Finally, good luck to Megg & Co with the changes to the mag and with relocation. Hope there weren't too many problems with 'desk top'. Will you be having a stall at the Melbourne show this year? Keep up the good work.

**Shirley McDermid
Box 48.016
SILVERSTREAM NZ.**

Dear Grass Roots People,

I just love this magazine – very inspiring! I have just read Bill Mollison's *Permaculture Two* and was so impressed I bought his *Designers' Manual* as advertised in *Grass Roots*. I urge anyone who hasn't already read his work to do so, as the PERMACULTURE concept answers all my questions and also presents hundreds of fascinating and practical (proven) ideas on every aspect of gardening, farming and housing – all things relating to a self-sufficient lifestyle. The books have lots of photos and great diagrams throughout. (Great work, Bill and co!)

My husband has been awarded a Working Scholarship (Electrical) and so we are going to live in Germany for 12 months as from August this year. We hope to see as much of Europe as time and finances allow. We are interested in organic/bio/permaculture farming, natural energy systems, simple housing, (e.g. French farmhouses), in fact anything relating to a GR lifestyle. I wonder if anyone can give us some information on good areas and little out-of-the-way places which may interest us, please?

Now some REQUESTS FOR INFORMATION: would someone tell us where we can obtain cases of organically-grown pawpaws, bananas, coconuts, avocados, apples, and others? Can someone recommend some good books on home schooling, please? At what stage do you eat bamboo shoots and how do you cook them?

For those of us with any disorders, from allergies, asthma, tiredness, inherited disorders, to cancer may I urge you to read the works of Anne Wigmore – *New Age Child Care Book*, *Be Your Own Doctor*, *The Hippocrates Diet*, and others, and *How I Conquered Cancer Naturally* by Eydie Mae and Chris Loeffler. Thanks David, Megg & co.

**Steve, Jill & Natasha Clark
6 Howard Court
CLERMONT 4721.**

Dear Grass Roots Readers,

Can someone give me some educated advice on the safety aspects of the standard practice of SPRAYING a stone and citrus fruit orchard? Our local school is next to an orchard and although spraying is done while the children are in class, I'm still concerned. Wouldn't residue

settle dangerously in the playground? If I/we parents have reason for concern who do we approach to have things changed and more secure measures taken?

I don't want to make bad neighbours with the owners of the orchard – they're nice people – but the health of the children comes first. Any advice, particularly documented evidence against (or for) this situation would be very much appreciated.

**K Lumley
3 Buckridge St
PITT TOWN 2756.**

Dear Grass Roots Readers,

We have no mains power and we are thinking of making up a PETROL DRIVEN conventional WASHING MACHINE. If anybody could help us with information, suggestions or designs we would love to hear from you.

**Gwen & Geoff McIntosh
Plains Station Rd
TABULAM 2470.**

Dear Grass Roots,

In books on preserving, the only method I have found to PRESERVE GARLIC is to dry it and plait. However I have found in this sub-tropical climate that prepared in this way garlic does not last very long – a little grub eats away the inside of the bulb. To beat the grub do the following: prepare garlic for use i.e. slice or crush it. Place in a screw top jar. Fill the jar $\frac{3}{4}$ full of garlic, then pour sunflower or safflower oil (*not* olive oil) over the garlic. Stir once. Place lid on and keep in refrigerator, using either the garlic flesh or oil as required. Oil may be topped up if necessary.

**Kay Beverley
Old Glen Innes Rd
VIA GRAFTON 2460.**

Dear GR Friends,

Would there be someone willing to write an article or send me some information on DRYING GREEN TIMBER so that it doesn't crack? We occasionally have a fallen tree or have to remove one and I would like to be able to use the wood for woodwork and furniture. I understand the timber must be seasoned for a couple of years with the ends sealed – is there more to it? Does it need to be cut into planks or left as a log?

My friend Mick recently bought me a lathe and I have become quite enthusiastic over using local woods and my own timber resources. I would particularly like to know how logs can be dried and retain their bark, as in the mulga wood souvenirs made in the past, and the technique for microwave drying of green timber, especially in relation to lathe work.

Last year I wrote wanting a remedy for TICK CONTROL ON DOGS. A friend put me onto garlic capsules which we have been using for six months. They are effective although it took a month to notice much difference. We find very few ticks now though a daily search is still necessary. Our neighbours use garlic granules which also work, so I guess any form of garlic would do the trick. Take care.

**Airlie Thomas
PO Box 37358
WINNELLIE 0821.**

Dear Readers,

Can anyone help me? I come from Samarai Island in PNG. I'm keen to visit Australia on a WORKING HOLIDAY. I'm particularly experienced in organic vegetable gardening. I have many Australian friends and have heard a lot about your beautiful country – thus I would love to visit, travel and learn Aussie farming skills. I'm prepared to work hard in return for a chance to live and learn in Australia. Eventually I'd like to become an Aussie citizen and settle in Australia.

As I'd be flying into Cairns from PNG I'm particularly interested in hearing from Queenslanders, so anyone who thinks they can help in some way, please drop me a line. Or just anyone wanting to write to me, please do! Kind regards.

**Simon Norman
C/- Port Moresby Travelodge
PO Box 1661
PORT MORESBY PNG.**

Feedback Link-Up Feedback

Dear Readers,

Over recent months the Brisbane Organic Growers (BOG) have been asking the question: THE ORGANIC FARM – IS IT POSSIBLE?

With the increase in awareness for naturally grown products maybe the time is right for organically minded people to band together to acquire a property which can become a training/demonstration/holiday organic farm, so we can at least be part of an ever increasing field of natural growing (practising what we preach), to be in a better position to observe and monitor what is happening.

To acquire a property means money being committed. Depending on legalities it is envisaged to sell units, e.g. \$10.00 per unit, and revalue assets and property each year and so revalue each unit. Under no circumstances would this be a get rich quick scheme, but a way to engage in a plan of steady progress for like-minded people who would probably never be able to partake on their own.

Ideally the property could be located near a tourist area. People who travel distances might like the opportunity to see tourist attractions to make the time and money expended worthwhile. It would need to be of sufficient size to allow for field days and camping and parking areas. Preferably the farm would be reasonably developed e.g. housing, fencing, water supply so that the business of growing naturally commences immediately. The proximity to suppliers of organic materials would be another requirement.

Uses to which the property could be put are many: growing and selling organically grown produce, field days, research, seed bank, composting, worm farm, organic schools, herb farm, possible holiday farm. We have to make use of our resources, namely ourselves and our money. Individual or small numbers would be very difficult, combined and united it becomes much easier. For the scheme to proceed any further expressions of interest are sought. Write to:

Ted Forbes
2 Dove Street
BIRKDALE 4159.
Ph: 07-207-5330.

Dear Grass Roots,

It's a long time since I have written in but I have read every copy that has come out. I keep reading of people who have found their 'dream come true' somewhere on the east coast of Queensland or NSW and where they are going to start regenerating the planet. Our east coast is beautiful and needs no regenerating but how about COMING OUT WEST where the country really could use some TLC?

My town is very small but land is cheap, quarter acre blocks on the main street cost less than \$1000 and there is power and water, a good school, one shop and a pub. What else could one want? There is a cafe standing empty; the last owners made what they wanted by working hard, getting tired, then just closing the door. The next people to open the door will make a living. We need a garage but most of all we need a good all round handy-man, he will make better than a good living. He would have to be a pretty good carpenter but a general Mr. Fixit would have work in the town and on the farms; this is a wheat, cotton and sheep area and there is work in all these areas. Housing is a problem when it comes to renting but if a decent family, couple or lone person was interested and had a van they would be right. The land here is fertile and would never have had poisons or even fertilisers on it. The town is in the middle of sheep country.

Should anyone require more information I will be happy to give it. I will be more than happy to help a genuine person but anyone who is into drugs or who is a professional dole cheat would be better to stay where they are, they wouldn't be welcome here. I should have added that we have a Police Station and a railway. all mod cons in fact. I hope this letter may take someone off the dole and out of the city. The jobs here are genuine. Hope to hear from some caring people.

Angela Britton
C/- PO
TALWOOD 4496.

Dear GR,

Could you publish our letter as an inspiration to others that have the same dreams that we had and have still. I love reading about the people who write to *Grass Roots* of their dreams of one day owning

their own piece of God's wonderful earth and of how many dreams become reality. Our story is about our DREAM COMING TRUE and only through God's grace it happened. We talked often of owning our own little piece of land and building our own home without having any huge overheads. One Sunday in April '88 we were looking in the real estate column in the paper and we decided to do something instead of talking about it. We rang Rob's boss, took a week's holiday, packed our three excited children in the stationwagon (2 girls 11 yrs and 8 yrs and son 5 yrs). We arrived in Bundaberg 17 hours later. We have good friends in Bundy who had also made a similar move five years ago but they chose to buy in town. The next day after travelling up and down dirt roads looking at acreage after acreage (we were looking for 20-100 acres) we went back to the house at dark and discussed what we'd seen. We hadn't seen anything near to what we wanted.

Next day one real estate agent told us he had a six acre riverfront block. Off we went to see this 'too small' acreage! As we drove out to see the block, the countryside was beautiful, cattle grazing, birds in abundance, a few kangaroos and we passed the most beautiful little bush school. (I grew up in the country and also attended a bush school of 20 kids!) The school was about 2-3 km from our block. We knew, as we stepped onto this little piece of paradise, we had found 'home'. We bought it with very few assets, \$3000 deposit and a lot of prayers (we don't own where we live now, only renting). We are now counting the days till we can move to 'our farm' and build our home together as a family – including 2 horses, 2 dogs, 2 cats and 5 birds. Your dreams can come true, a little positive thinking and a lot of faith in God will help. Don't be afraid to take the plunge and make your dreams become reality.

Debbie & Robert P
C/- 5 Hefferman Cr
MT PLEASANT 2750.

Dear Grass Roots Readers,

I'm sitting here enjoying glorious sunshine and blue sky reading through a stack of past *Grass Roots* that were delivered this morning. Every one I read reassures me more and more that being as self-sufficient as possible and treasuring our planet with peace and tender care is the only way to go. I am 30 years old and for the last three years, since I met my wonderful partner, lover and best friend Mark, I cannot wait any longer to get away from the city, noise, apathy of many people and pressure. I've always felt slightly alienated since I was young and it's through being with Mark that I now know where my journey lies. Mark is 21 years old, and with him I have finally managed to discover what I really want to do. Mark is constantly bringing forward new ideas to enable us to reach our dream, to build our own home with as much natural material as possible – our own timber or old mellowed secondhand timber, mud brick or bluestone, with lots of light and views.

My man Mark is a mature, caring, enthusiastic, intelligent man – I cannot bear it any longer that because of lack of capital we can never seem to get onto his ideas and get them happening. Our aim is to begin a business – one that is naturally and environmentally aware, to eventually provide a quality on-going business so we can 'retire' to our own paradise and work at becoming self-sufficient. Our dream will happen – I feel very sure, but I'm frightened that it will take forever to achieve. I'm writing to see if anyone has had or is EXPERIENCING THE FRUSTRATION we are feeling about 'making it'. I would appreciate sincerely any suggestions on how some of you made it to your dream – and I would especially enjoy some suggestions about work I could do from home. I have some ideas but I feel I need some outside motivation as I haven't found the right one to push the right buttons to get me going. I want to work from home as Mark has his own cleaning business hence his work time is fairly flexible, so we can often share and gain knowledge and time to help us on our way.

I would love to receive some letters on what we can do to help make our desire a reality. Would love to hear about any ideas – no matter how crazy! (We are both, especially Mark, hard workers.)

Pam and Mark Walsh
243 Union Rd
SURREY HILLS 3127.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

Now firstly hi, secondly I will try and answer some of the QUERIES that I noticed IN GR 71.

Marion of Euroa: as far as I can find out from my own practical experience, SAWDUST if not kept broken up will compact and harden, but if you continue to add your goat manure and bedding to your garden, as well as some lime and compost, and dig the lot over regularly you will have very little problems. One more thing that a lot of people will benefit by: if you save your shower water and your washing water, and use this over your plants you will have very little problem with insect pests, especially if you use bio-degradable washing products. One last thing, if you are worried about nitrogen, plant in rotation in your garden plots – a crop of potatoes, and no problems about nitrogen.

To the person interested in MEAD: a book called *Wine Making and Home Brewing* by Suzanne Beedhall, put out by Sphere Books, is an excellent one because of the diversity of recipes. e.g. cowslip mead, walnut mead, dry mead, sweet mead, sparkling mead, to name a few. There are lots of recipes for fruit and vegetable wines in this book too. Happy brewing to all who try it, especially the blackberry wine (medium).

To CAITLIN KIRKPATRICK: one thing that you both may be interested in is to contact Bush Haven homes here in Victoria as they do have a subsidiary in NSW. They specialise in log cabin style homes and both Peter and myself cannot recommend them too highly, to the point that we are buying our second kit from them for our new home at our new property. We have done it once and are so thrilled that it's definitely the go for our second. One point to interest everyone, full log effectiveness is rated as being on a par with a double brick cavity wall, and the logs have a very distinct character.

To John and Pam Hobba: hope your trip is progressing well. When you get to Victoria, how about looking us up (phone no. below) and we can probably get together for a chin wag.

Martina Battig: a good FENCE POST PRESERVATIVE in most any area is good old engine oil which of course is usually thrown away by service stations. Coat post thoroughly twice at least, then put a small amount of oil in post hole. Pop post in, and fill and tamp down earth and your post is safe for years, certainly for lifetime of the wood.

To Mark and Penny Kidd: firstly ascertain that your dog is free of heartworm and then use eucalyptus oil on the dog's ears, legs, where the fur is minimal, or keep dog inside during mosquito time in evenings. Also include daily in DOG'S DIET the following: salt and seaweed, rosemary, cayenne pepper and a couple of drops of eucalyptus oil; also if you use celery seed, garlic, sage, coriander, southernwood, cayenne pepper and ginger as well as onion, you can help your dog to deter these biting pests. Also may I suggest you procure for yourselves *The Complete Herbal Book for the Dog* by Juliette de Bairacli Levy, put out by Faber & Faber.

Thank you Megg and others at *Grass Roots* for your indulgence. Hope I have helped some of the people with my answers. Any genuine person who wishes can ring me on 057-841-674, which hopefully will change shortly once we sell this five acres, and move to our new property. Give me time to answer because with dogs, goats, chooks, ducks, geese and a cat as well as packing I sometimes have to run.

**Marj Drury
SUNDAY CREEK.**

Hello Grass Roots People,

We are a family of 3, myself (Kimme), Jeff and Veronica (3 months). One day we hope to move onto our 4 acres at Bagdad which is about 45 min drive north of Hobart, but at the moment we live on a very busy road 20 mins walk from the centre of Hobart. We grow some of our own vegies, but we are very limited by space at the moment. We have a beautiful Scotch collie/kelpie bitch who digs up most of our seedlings but the tomatoes, cabbages and caulies have managed to survive.

To Melissa (GR 71, p. 7) you can get TOBACCO SEEDS from Phoenix Seeds, PO Box 9, Stanley 7331, who specialise in a wide variety of non-hybrid seeds.

To Marion Warren (GR 71, p. 8) SAWDUST (not fresh) is a good mulch as long as you don't dig or hoe it into the ground. I always use

a couple of handfuls of blood and bone to the square metre with it.

Can anyone tell me how to get rid of SILVERFISH? We also have heaps of daddy long legs but even they can't control the silverfish. I would like to get rid of the silverfish without harming the spiders.

Keep up the good work producing a great mag.

**Kimme
11 Cascade Rd
SOUTH HOBART 7004.**

Dear Fellow Readers,

I am writing again to correct a printing mistake in my last letter, GR 71. *The Non-Buyers Guide* (listing those companies who are harming our planet, and their products) and the list of ALTERNATIVES TO TROPICAL TIMBERS are available from the Rainforest Information Centre, PO Box 368, Lismore 2480.

I also would like to ask readers to spare a thought and some positive vibes for the Penan people, one of the last hunter-gathering tribes in the rainforests of South-east Asia. The forests of Sarawak (also known as Borneo, under Malaysian rule) are being logged at the rate of seven square kilometres per day, which is faster than anywhere else on earth. You can imagine what consequences this is having on the global water cycle and climate, driving plant and animal species to extinction, and causing impoverishment and ultimately genocide of forest cultures such as the Penan people.

Australia imports timber worth an estimated \$170 million a year, a large percentage of this from the virgin rainforests of Sarawak. The most common and well known timber is meranti. Meranti is an easy to work hardwood used extensively in the building industry for architraves and skirting. Other timbers possessing these same properties are the fast-growing poplar species. Already grown commercially in Australian plantations, they are a viable and logical alternative to meranti.

For further information contact the Rainforest Info Centre. Through them you can also get addresses in Malaysia to write letters in support of the Penan people. A letter to Sen. Gareth Evans, Min. for Foreign Affairs, in regard to all this, wouldn't go astray. If you know any builders, architects, cabinet-makers, tell them about it.

**Gabrielle Luft
Mungay Creek Valley
WILLAWARRIN 2440.**

Dear Friends,

Hi! I'm writing to find out if anyone knows where FELT OR LEATHER SOLES for house slippers may be purchased. I have a couple of nice patterns for uppers to fit my large feet, but neither have soles included. They are very old patterns and I remember in those days the craft shops sold padded soles in various sizes. One pattern is in a Myart book so I wrote to the address included in the book, but the letter was returned. I thought if I could write to Myart they might know where I could get the soles. The other pattern is a quilted one from an American book.

**Shirley Svensson
C/- PO Box 2785
BRISBANE 4001.**

Greetings GR Readers,

To support the establishment of our organic farm we operate a small carpet cleaning business in the Adelaide Hills. We are concerned about the pollution and safety hazards of the chemicals we use. We have a policy of using the safest chemicals we can find. To date we have not discovered any government instrumentality which specifically controls the composition of CARPET CLEANING CHEMICALS. It has been difficult getting sufficient information from chemical suppliers themselves. We would like to hear from anyone who has knowledge of either commercial or alternative style carpet cleaning compounds. Best of all we would like to be able to do our work with herbal or similar cleansing agents.

**Fuzzy
Fuzzies Farm
Box 126
NORTON SUMMIT 5136.
08-390-1464.**

THE NEW PIONEERS

We publish lots of letters in GR on what people are going to do, of the land they hope to buy and how they will set it up to live independently and happily ever after. And we publish stories of those who have finally achieved it and indeed are living the lifestyle of their choice. But between the dreams and the success stories are years of hard yakka and dedicated commitment. These are the years when the enormity of the task ahead hits heavily, the time when money is most needed but least accessible, when living comforts take second place to garden or farm development, when families are young and demanding, and relationships may sour. It takes a lot of guts and determination and maybe even a little craziness to make it through when, as the following two readers have found, the unexpected happens and everything seems to go wrong at once.

A Basic Type of Existence

by Janette Livermore, Baffle Downs, Qld.

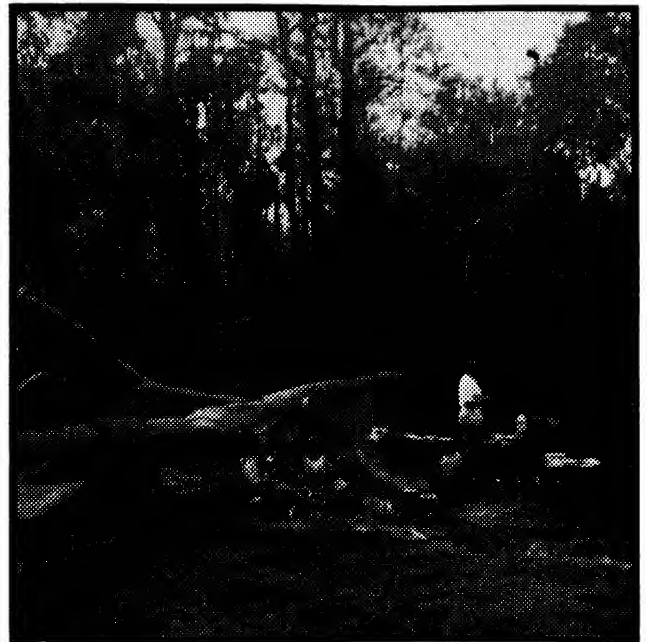
I am a blockie! No, not a blockhead, a blockie (though sometimes I think the two mean the same), the name given to people who bought into an area when the larger properties were divided into blocks. Coming up to Australia's Bicentenary, we caught the new Aussie dream of buying a block of land and getting away from it all. If our ancestors could do it, so could we.

We already had a house. It was fairly modern and convenient, but we were surrounded by people, their noises, petty quarrels and interference. The town we lived in provided almost all we needed in the way of food, entertainment and work prospects. So why did we want to change all that? We wouldn't have if we had really known what we were letting ourselves in for.

Most people have gone camping. Rustic roughing it can become a nightmare, but there is always the knowledge that once the weekend or the holiday is over, it is back to the same house, in the same town and to the same job. We like camping under those circumstances and blithely assumed our dream wouldn't be much different. Huh! It was fun looking around. In the planning and idealistic stage, we looked at everything through a golden haze. We knew what we wanted, we weren't going to buy just any block of land. We found it and it was almost perfect. What it lacked, we could give it. There was a lovely creek, several natural spring-fed lagoons, some tropical rainforest and no people. It was way out in a sparsely populated area, away from towns and conveniences. That didn't worry us at the time.

I had been to several TAFE courses on natural medicine and herbs. My husband did courses on brick-laying and house building as we planned on building our own house, eventually. We bought books on self-sufficiency and bushcraft. We thought we were prepared. We were on a pension and had a little money left from selling our home. I still cringe at our short-sightedness.

We had to go into massive debt buying it, but what the heck? The answer to one's dreams only comes once in a lifetime. Our house had to be sold, most of our furniture too, as well as all our electrical goods. We were moving into a conglomeration of tin garden sheds and we didn't have much room or any modern conveniences like



Early days on our land – picturesque here but not quite so pleasant when it was pouring with rain, or when the black snakes took over our bush toilet.

electricity. Plain tin sheds have no cupboard space. We could only afford to buy secondhand, but the space allowable for cupboards wasn't enough for all our possessions. We had to go through our clothes and everyday articles and throw more stuff away – much of our memory reminding, decorative bric-a-brac had to go.

Our lighting needs are provided by twelve volt lights connected to batteries. To keep the batteries charged, we needed a small generator. This then let us buy an old wringer washing machine. But to properly use a washing machine, one needs water. We had been getting our water in containers from our largest lagoon. That was too much of a chore for washing. We needed a tank, which required a tank stand. To fill the tank, we needed a pump and lots of hoses. All this took a lot of money and in the end, we had none left. Now every cent had to be budgeted.

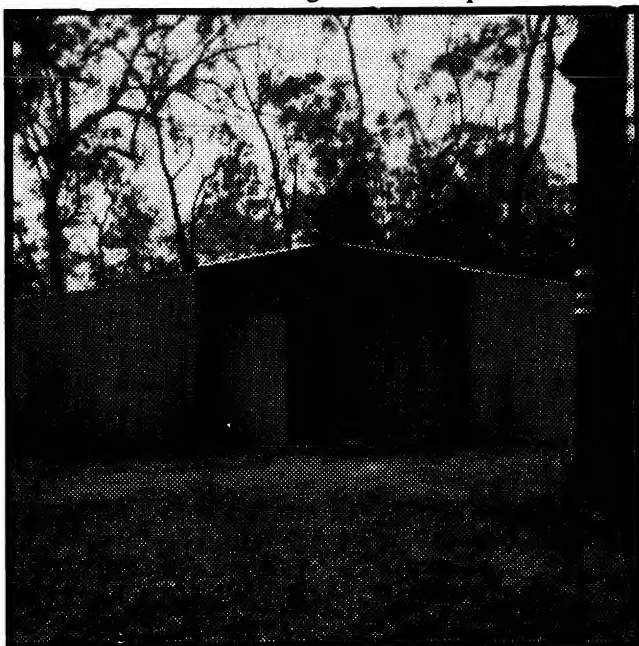
We had to get used to a completely changed life. I had to learn how to cook on an open fire outside, including

when it was raining. My teenage daughter said she was a laughing stock because she couldn't use a hairdrier to create the latest styles. And our youngest daughter thought she was underprivileged because she couldn't watch TV.

We do have a sort of a shower now and an indoor, flushing toilet, but at first we had to trek half a kilometre to the creek for a bath. It was a real family affair. There were one husband, two daughters, two dogs, one cat, one duck, one horse, two donkeys and me. By the time we had all kicked and cavorted around, the water was so murky and slimy we usually ended up dirtier than when we got there. For a while we had to use a bush loo. It was difficult when it was raining and windy as it had canvas walls and no roof. Then a family of black snakes moved in and we had to be desperate to use it. It was a day of celebration when our plumbing and sullage system was completed.

Our immediate plans were to produce all our own food. That sounds simple. Everyone can remember doing gardening, occasionally. But that was in soil that had already been worked. We had virgin bush, 45 ha (110 ac) of it, which was good in a way because at least we knew that there had been no chemicals added to the soil. Some tracks had been pushed through and cattle would wander around.

Not having a tractor, or the money to hire one, we had to do the clearing by hand. Our poor car was almost pulled apart getting out the bigger trees and stumps. Then came the grubbing out of suckers, after that we could start using a mattock to dig out the roots, and a shovel. All this on hard, sun-baked soil – my blisters had blisters and I could barely pull myself around as many of my muscles had never been worked before and felt that they would never work again. The clearing was mainly my job as my husband was only able to come home for weekends until he retired from the Army last October. He soon bought a small bulldozer, so now we can think of clearing for small crops as well.



Our present home, a far cry from the modern, convenient house we had in the suburbs. We had to sell our furniture and electrical goods because of lack of space and power.

Once having got that far, lime had to be added to the soil and watered in, then the animal manure had to be collected, then more digging and raking. Only then could seeds be planted. To feed us, we needed a large garden. Luckily, our bodies hardened and digging became easier. Our donkeys suffered though. They started cringing every time they saw me coming with my wheelbarrow and shovel. After months of watering, some plants grew until they produced something. Most turned yellow and died. The carrots wouldn't have won any prizes, even in Lilliput, but we still ate them. One bean didn't go very far, but with lots of rice, who needs many vegies?

Then I decided to do something we should have done before we tried to start a garden. We collected soil samples and sent them to the DPI. We also told them we didn't want to have to add chemicals. Back came the report. We were advised to add lots of lime and organic matter that would fertilise the soil. It also wished us good luck. So much for expert advice.

Our chicken raising also met with a setback. We had meat hens as well as laying and they were almost mature enough for their set purposes. Then one morning we were met with disaster: over half the hens were dead. We couldn't see any reason why – they weren't injured and the night before we hadn't noticed anything wrong. All the carcasses were collected and burnt and the pen shrouded in lime. The birds that were alive seemed perfectly okay, so it was back to square one. We bought some more birds. This lot were coddled. We knew each one personally, by picking them up and cuddling them to make sure they were okay, which was a terrible mistake. The time arrived when we had to start eating the meat chickens. The water was heating. My husband was away cutting trees. The girls were at school. I walked into the pen. A chicken ran up to me so I picked it up. It cuddled in lovingly. I marched to the chopping block,



A garden plot being prepared after much clearing and scrub pulling. It needed to be limed first, then copious quantities of manure dug in before sowing could begin.

then it looked at me adoringly. I closed my eyes and thought horrid thoughts. There was a thwack as I swung the axe. Blood spurted onto my arm. The head rolled away and one of the dogs grabbed it.

I was standing there letting the blood drain out when there was a huffing behind me. Coming up the hill, swaggering arrogantly, was a giant goanna. It flicked its tongue and the dogs gave a frightened yelp and ran off. I yelled at it, but it ignored me and kept coming. I stamped my feet and kicked dirt at it, then I tried to throw the bowl of hot water at it, but missed as I was still holding the chicken. As I wasn't going to give up my hard killed chicken, I jumped up onto the barbeque surround. The bricks were hot! I had no shoes and I felt blisters forming. I kept jiggling up and down yelling while the goanna stalked around the base like that cartoon bulldog.

As the fire gradually burnt itself out and the bricks cooled, the goanna leisurely stood up and tasted the chicken. It grinned at me. Then suddenly, my saviour arrived with all the thundering of a knight on a white charger – a smaller goanna attracted by the smell of blood. The larger one turned and chased it, I jumped for the back door and locked myself in. The chicken was eventually plucked and dressed, but the goanna hasn't forgotten. I often see it leering at me. The law says I'm not supposed to kill native animals, but I didn't know they would make fun of me or terrify me when they knew I couldn't do anything about it.

Unfortunately, very few days are memorable. I can remember when we found our first egg – it was as if we had struck gold. But most days, it is the same type of work, hard work. If we could go back to our previous life and nice safe jobs, we would. Our dream is no longer rosy. I worry constantly about money. If only the town wasn't so far away. It takes so much petrol to get there. Sometimes I have to stop buying coffee so we can buy petrol. Only the cheapest of everything can be bought. When making sandwiches, margarine is spread on one slice of bread only. And this is only possible if nothing goes wrong, like the car breaking down or the pump blowing up. If I couldn't grow our vegetables, we would be starving.

Nothing we had done or read had prepared us for this type of existence. We had to learn firsthand, with many frustrated tears and gut-wrenching days that were a nightmare to get through. We wanted to run back to our relations and friends who'd jeered and predicted we wouldn't make it. We would have given up, if it hadn't been for our neighbours. They knew what problems we would find, as they had already lived through many of them. They gave advice, any help they could and were always willing to talk. We don't care much about each other's histories. All we know is they're there if we need each other.

I don't know if we will be able to stick it out, though sometimes things don't look all bad. In fact, we do have some very funny incidents. Compared to a lot of the people around here, I suppose we are doing all right. My husband does receive a small pension from the Army, though it is not enough to live on. I do grow most of our vegetables and

our hens produce eggs. We could apply for unemployment to bring us up to the level of money the Government says a family of four needs to survive on, but that goes against the grain, at the moment. As there are a lot of small crops around the area that require pickers, we do that, yet it is still a hard struggle, money wise. If anyone is contemplating following this type of lifestyle, they must bear in mind that it takes just as much money as living in a town or city. Many of our neighbours have had to sell up because they have gone broke. Collecting the dole, occasional picking and other jobs aren't enough unless the land is paid off.

Our block is a long way from the nearest shop, service station or town. Most of the roads are poor, so there is always something wrong with the car, and a reliable means of transport is essential. I am not mechanically minded – I feel clever if I can get a nut and bolt to stay together. Yet after being stranded in some isolated spots in all sorts of weather, sometimes with children, I have had the local mechanic and RACQ man teach me a few essential procedures to get me going again. Main troubles are a blocked fuel line from all the dust and grit, flat tyres, cracked radiators from stones and stuck accelerator. If none of these areas need attending to I call the mechanic. I keep a book, water and something to eat in the car to occupy myself while waiting. An hour's wait is good – it can be up to four hours, depending on how busy he is as he has a large area to cover and is always out on a call.

A septic system is something most people don't have to worry about: if it does get blocked, a plumber is called. Here, the nearest plumber is over eighty kilometres (50 miles) away. Once over 280 mm (11 in) of rain fell in two weeks, so that the ground was water-logged. I had that killer flu that had been making the rounds, and my husband wasn't here then. Finally the ground wouldn't take any more, the septic blocked up, seeped through to the surface and flowed back into our toilet. I had to get out there, mattock and shovel again, and redig it, firstly to get all the muck to drain away and then to fill the old section in and dig a new one. In the end I staggered inside, collapsed on my bed and the girls thought I was about to die, literally. Why didn't I ask the neighbours for help? Because of the rain, water had clogged our driveway and we were stranded.

Then there are the little things that happen. To save money, I run the generator at night, as it's less drain on the light batteries. This means I have to do my washing at night. The washing machine is under a light; so are thousands of insects. Several times I would rush inside and frantically brush my hair, trying to get out all the bugs. Now I wear a shower cap while I do my washing – I may look funny but no more bugs in the hair.

One night, half asleep, I rolled over and felt a bug crawl into my ear. By the time I woke my eldest daughter, I was hysterical. She couldn't see anything in my ear and it was only after I pleaded for her to pour some warm water in it, which caused a lot of blood to flow out, that she believed me. I must explain about our phone. We do have one now, but at the 300 m (984 ft) mark on our property – it costs

\$11 per metre after that. It was put in a tin shed, 400 m (1300 ft) from us. My daughter raced down the track to phone the neighbours. It was 1 am and extremely dark, so by the time they arrived I was almost insane. They drove me to Bundaberg to the hospital, and all the way I could feel the bug clawing its way in further and munching on my eardrum. The doctor managed to pull it out, in pieces, it was so big. I was told that if something like this happened again, to pour warm oil in the ear and the insect would drown. It would either slide out by itself or the person could make a leisurely trip to the doctor the next day.

People moving to forest areas also need to be warned about deadfall. On windy days branches, twigs and leaves blow everywhere so that sometimes it's dangerous to go outside. The leaves are sneaky and get entangled in the clothes. If any get wet, a brown dye comes out of the leaves and I have found no way to get the stain out of clothes – usually some of the better ones. I try to look neat when I do venture out but with some of my clothes, it's hard.

My daughters think our lagoon and creek are terrific in summer as swimming helps to fill in time, but their adjustment to this type of life still isn't complete. The eldest one is always asking to stay at other people's places on the weekends, rarely does she invite anyone here. She raves at me when a lot of her friends are going to see a film, play or disco, because it is too out of the way to pick her up. The youngest doesn't stay with friends, but she does stay away a lot. She takes our donkey out for a ride and disappears all day. Strangers have told me she has turned up at their places for a drink and a chat. I have no idea where she ends up. If I ban her from riding, she just wanders off anyway. At least the donkey will come home if she's in trouble. I try to warn her about strangers, like being in towns, but it doesn't make any difference. She says they are like us and off she goes. If they want to go anywhere, I either have to take them or they can't go. Usually, this is when the car breaks down and they have to wait for it to be fixed.

If parents have great hopes for their children academically, a small country school isn't the best for them. The school here caters for the type of district it is, a land-working area. City and town schools give students lots of homework. Here, many children travel by bus and then help their parents run the property, so it's not fair to make them study or do homework. The standard is therefore way below other places. I know all parents say their children are bright. Mine are. The youngest one doesn't do any work in some of her classes, doesn't study and is still passing well for this standard, yet I can't read her writing and she doesn't know how to spell properly, so why isn't she being made to knuckle down by her teachers? When I talk to the teachers, they say, 'She'll pass'. The eldest one, doing Grade 11, doesn't even have an hour's homework, yet what can I do? The school says that is adequate and so do the District Inspectors. The girls both want to go to university, but I don't think their education is good enough and we can't afford to send them to a boarding school or to board in Bundaberg. Yet before moving here, we had talks with the headmaster and some teachers and weren't told any of this. If we left here now, my daughters would have to repeat their grades. They resent what they can't do and would resent having to go back a year if we moved. I provide plenty of reading books on all their subjects and hope they find time to read some of them. We will lose too much if we move, but will they lose even more if we don't?

I would tell anyone who is thinking of this sort of life to investigate every angle before they make any decision. They have to be able to go without an awful lot and be prepared to work harder than they ever thought possible. They have to be like a line from a song that has been adapted to a TV series, be a person whose 'back is brawny and the brain is weak'. But most of all, they can't expect to be isolated from other people. Without people who have done this, many more mistakes are made.

★★★★★★

Trying to Re-invent the Wheel

by Fiona McIlroy, Warm Corners, via Bonang, Vic.

An acquaintance in our isolated area commented, 'You new pioneers are trying to re-invent the wheel! You believe you have to do everything under your own steam at the same time, most of which has been practised in communities throughout history. Don't make life so hard for yourselves!'

Many times I have heard horror stories of starry-eyed pioneering couples of the seventies and eighties setting out to build their dream house, while giving birth to their New Age children; in the process they split up and quarrel over their dream house and New Age kids. There are variations on this theme throughout the alternative grassroots movement, although the ending to the story may be sad or happy. I am not saying the new pioneers are more prone to partnership collapse than the broader society. Still, even in

our little valley, the pattern has been seen repeatedly since we came...another owner-builder family bites the dust (mud?). I have often looked for the reasons why this occurs, and also why it sometimes seems to result in a kind of cynicism rather difficult to shake. Is it possible that one major reason for the problem is that in our zeal to fulfill our dreams we bite off more than we can chew?

I am pleased to say that I am not one who turned to cynicism to cover disillusionment and despair. I went through experiences and trials I would not recommend to anyone, building a house and having children; but the collapse of my de facto marriage, health and finances was followed by a renewed resolve to salvage what was left and build...and keep on building from there.

We did encounter unduly heavy opposition and handicaps perhaps. As we were expecting our first child, we placed a caravan under a large roof and began filling in walls with earthbrick, only to be stopped by an unyielding building surveyor and council, while urgently needing shelter from the extremes of our climate. Summers are hot and dry, with temperatures up to 45 degrees (113°F), and winters cold and frosty, as low as minus ten (14°F), with occasional snow. The Shire office is seventy miles of winding dirt road away, but this did not stop the Shire from spending ratepayers' money to seek out and undermine young families trying to house themselves at low cost. Several families in the area could not get plans approved, were prosecuted, even jailed, and split up or left the area. This would make a whole story in itself. But I mention Shire opposition as just one of the obstacles we faced which undermined our capacity to gain a degree of comfort and security while having our first child in an isolated situation, living on a shoestring, surviving the rigours of a harsh climate (for most Australians) and living up to our ideals!

We may have taken all opposition in our stride if we had not insisted on placing high priority on the following worthy pursuits at the same time:

- soil and water conservation systems;
- increasing soil fertility by mixed farming/rotation/fencing and other non-chemical practices;



Fiona (left) and helper Leah rendering the wall with clay, while Aminya plays in the hammock.



Baby Bonny with Conan on Holly, a half-draught cross.

- growing and preserving our own organic food;
- tree-planting;
- co-operative lifestyle;
- community involvement and initiatives;
- action on important local issues;
- staying healthy in body and spirit.

Well, we new pioneers do set high stakes for success! Is it any wonder many fail to meet their high ideals, and creep back to a more comfortable lifestyle licking their wounds? It is a lifestyle with no recognisable signposts, and no easy recipes for success. Apart from the constant array of self-imposed challenges for the idealist, there is an arsenal of weapons in our society levelled at the person who wishes to learn through personal experience rather than employ an architect, a baby-sitter, a contractor, a plumber or any number of specialised experts available to the regular consumers who must be prepared to mortgage themselves body and soul. A measure of the new pioneer's success is simply to stick it out through pitfalls and frustrations till it dawns on one that the path is not easy but there is no need to throw the baby out with the bathwater; just be gentle with oneself for a while. Home wasn't built in a day. . .

Yes, I stuck it out, through single parenthood with a two-year old and an infant, to the city and back, to court, on a bond requiring us to live in a leaky caravan next to a passive solar, warm dry living space till all Council's

building modifications were completed. Bouts of pneumonia and pleurisy notwithstanding, I persisted with building referees, appeals and help from my friends till now, here I am, sitting pretty in a 3/4 finished house with a Certificate of Occupancy and First Home Owners' grant. This grant, which our Building Surveyor nearly lost me by flooding the grants office with details of prosecution and a huge file of confusing data, I only gained through a last ditch desperate appeal which took all my strength. The grant may have helped to cover all the engineering fees, court costs etc, but not the lost years of building time, the lost self-esteem of my partner, nor the 'pain and suffering' from being made to feel like criminals for trying to shelter ourselves in harmony with the earth.

Ours was an extreme case, but I know there are many owner-builders who have been defeated by the opposition of councils to their efforts, when it is more than enough to cope with their pioneering lifestyle. Now that I am a legitimate inhabitant of my own warm earth-clad house, with a new partner who seems happy to continue working with most of the above nine worthy aspirations at heart, I can at last take a deep breath and begin to enjoy the fruits of our labours. With donkeys, horses, goats, milking cows, poultry, extensive tree plantations, orchards, vegetable gardens, we are heavily committed to water systems, fencing and building. Our motto should be 'Diversify or Die!' ('Diversify and Die?')

A small, erratic livelihood is provided by odd jobs, emergency teaching, occasional sale of livestock, collection and sale of native seed, hire of campsite to groups of bushwalkers/field naturalists. Our existence is geared toward low consumption. For ecological reasons we don't like using petrol and try to satisfy most of our needs as close to home as possible. In an age where relatives and friends live scattered from one end of the continent (or globe) to the other, there is a constant temptation to jetset or STD merrily simply to keep contact, but I'm afraid letters will have to do.

This place I have chosen has its drawbacks (witness how few have stayed more than a few years) but its pure waters and untouched mountains are sources of inspiration, to drink in at no cost. No TV or fast train can take me anywhere better. The children have the company of close friends and the natural world. Wherever they go in later life, they will know how to be true to themselves. This is an opportunity for us to grow, and that includes facing confusion and inadequacy. Among the many broken dreams and false starts, I retain a commitment to a dream which flows, like our Jingallala river, over snags, rocks, around bends, on towards fulfillment.

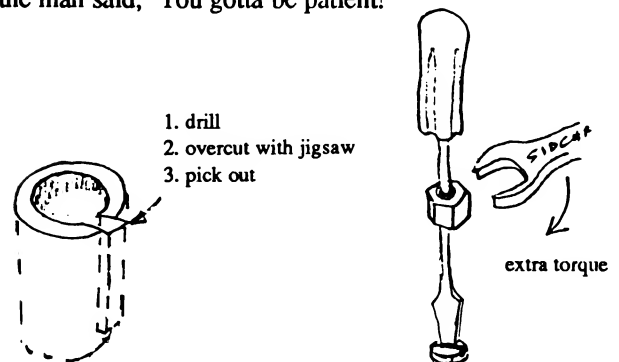
To Restore Shrunken Woollens

Dissolve 90 gm of Epsom Salts in boiling water then stand aside and cool. Soak shrunken garment in this solution for 30 minutes. Remove, squeeze out excess water and restretch the garment to its correct shape. Allow to dry then press under a slightly damp cloth.

More Nuts and Bolts

by Roberino, Nth Arrawarra, NSW.

Jack Thorne's article on 'Nuts and Bolts of Machinery Repair' (GR 68, p. 66) was excellent. I'd like to add a couple more wrinkles from my experience. Stubborn or rusted steel nuts can be warmed with an oxy or blow torch. The small propane ones are very handy. When heated to a dull red, gently hammer the nut flats with another hammer on opposite flat. This expands the nut on the thread and easy spannering off is usually the result. The same goes for studs rusted into cast iron (e.g. engine blocks), only after gently heating to make cast iron more malleable and less likely to crack, gently hammer around the face where the stud goes in with a drift. These 'easy outs' are not always available so broken studs into steel or cast iron can be drilled nearly out and a fine jigsaw blade used to cut through the thread, which is then picked out with a pointed tool when tension has been released. An old scribe is ideal but like the man said, 'You gotta be patient!'



A very useful addition to any screwdriver is to weld or braze a large nut onto the shaft for a spanner. Do not forget to invest in an impact screwdriver and socket device – usually about \$10 at markets. They are magic.

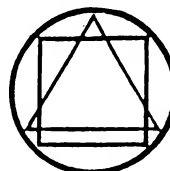
Lastly, if all else fails don't forget that the local machine shop in town has people there who are doing these sorts of tasks all their working lives. So don't despair if you goof it. We're all human. Take your treasured item you've wrecked to them and they will tell you they can 'helicoil' a butchered thread, or direct you to a master welder who can weld up your bit of broken aluminium.

Many thanks on your encouragement over the last ten years for us to realise our dream away from the city and hell! There really is a nice world out there and even nicer people. Maybe not much money, but who cares? Peace and good times and keep on 'making do!'

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ADD ZING AND ZEST WITH LEMONS

by Jose Robinson, Wild Cattle Island, Qld.

The smallest backyard garden or even the sunporch of a flat can fit in a lemon tree. Lemons must rate as one of the most useful of all the citrus trees, and certainly one of the most productive and decorative. Lemon trees also make marvellous shade trees. A healthy lemon tree is a must for any garden. Its uses are endless. Once established, and that may only take two years with a grafted tree, most lemon trees are ever-giving. No self-respecting culinary expert can manage without the trusty lemon by their side.

GROWING

Lemon trees like warmth and although they do grow in cold climates, they do better in the warmer zones. If planting in cold areas, choose the warmest position in the garden where they will receive maximum sun. They require ample watering but prefer good drainage. Heavy frosts do affect lemon trees, so if the frost can be hosed from them before the sun begins to shine on them less damage is done.

Most lemon varieties prefer a light sandy soil with plenty of compost. If your soil is heavy clay, then place plenty of humus in a large hole before planting the tree. Fresh seaweed from the beach dug well into the soil makes lemon trees smile. Otherwise a little liquid seaweed is helpful. Decaying leaves or other compost raked around the base of the tree helps retain moisture for the roots, but never heap up leaf mould or grass clippings around the trunk, as this can be damaging.

Pruning

Once lemon trees have reached maturity and are bearing prolific crops, an annual pruning improves the appearance of the tree and also keeps new growth coming to hold the following season's fruit. A little fertiliser after the pruning helps promote this new growth.

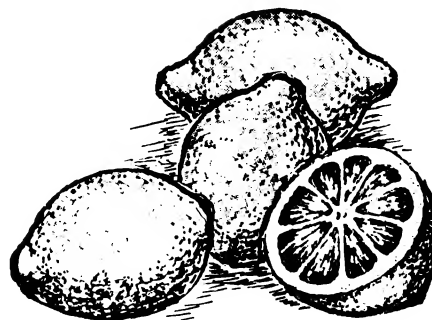
USING THE FRUIT

Natural Home Remedies

The juice of a lemon in warm water taken each morning helps keep pH levels balanced in our digestive tract. Lemon drinks, including some rind, help build up resistance to airborne infections that thrive in winter, bringing us sore throats, colds and coughs. The antiseptic oil of lemon is found in the lemon's skin together with vitamins A and C. Vitamin B6 is found in the pith as well. For a soothing lift and tone-up for the skin, place left-over lemon rind in a muslin bag, tie at the top and float it in your bath water. The warmth brings out the astringency and antiseptic oils.

Storing Lemons

Lemons keep best if left on the tree till needed. However they will keep for two to three weeks if placed in a cool well-ventilated area. You get more juice from a room-temperature lemon than from one which has been refrigerated. Another way to keep lemons is to wrap them individually in foil and store in an airtight container. Yet another way is to cover them with cold water in a jar and



place a saucer over them to keep them under the water. They will stay fresh and juicy for a long time. Water must be changed twice a week (keep stalk attached).

Freezing

Lemons may be squeezed and the juice stored in cube form in the freezer. For garnishing, open-freeze thinly sliced pitted but unpeeled lemons on a tray. When frozen, pack into plastic bags and use as required. Grated peel may be frozen in very small containers. This is then good to use in cakes, biscuits, soups and casseroles.

Buying Lemons

If you have to buy your lemons, always scrub the skins well before using, especially for grating. Some commercial growers may use poison sprays. Rough surfaces with large pores often indicate thick skins, but not necessarily a lack of juice. The bush lemon particularly does have a thick skin but is usually very juicy. If a lemon feels heavy in your hand, usually it will be very juicy.

Before juicing very firm lemons, roll them on a table top to break down the membranes. Also if you have a microwave, pop in lemons on high for 30 seconds, then stand for three minutes before squeezing. My friends with microwaves assure me this works.

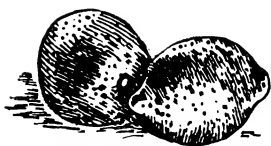
Culinary

Of course we all have the usual recipes for lemon meringue pies, lemon cheesecake, lemon butter and so on, but do you think to add some zesty lemon juice to your stir-fried vegies or tropical fruit salads? How about lemon juice instead of vinegar in salad dressings for a clean fresh flavour?

Lemon juice combined with natural yoghurt or sour cream makes a tasty dip with crackers. Lemon juice creates a great barbeque sauce for basting. Fish marinated in equal parts of lemon juice and oil before grilling has a scrumptious flavour. Grated lemon peel sprinkled over steamed green vegetables is yummy. Whichever way lemons are used, they will surely add zing and zest to your everyday food.

HOW TO GROW ACACIA SEEDS

Place seeds in pot and cook in a cup of boiling water for some minutes. Allow to cool for 24 hours. Nick seeds with razor blade, or rub between 2 sheets of sandpaper. Plant in seedling containers.



LEMON AID

by Debbie Willett, Herston, Qld.



In reply to K Tighe (GR 69) who asked what to do with lemons, I have enclosed some recipes from a 1933 recipe book given to me by my grandmother – the old recipe books often seem to be the most practical, giving you a wide range of uses for backyard produce. I am sure that there will be many more people who have a faithful lemon tree in their garden and who will be able to use some of these recipes.

As many of the old recipes contain a lot of sugar, readers could experiment to see how much they really need rather than just blindly following the suggested amount. Raw sugar could be substituted for white sugar and in some instances honey may be able to be used but don't forget that liquids may need to be cut back a little to balance this. These old recipes generally don't suggest wholemeal flour but I substitute it as a matter of course. If you are going to put all that effort into baking, it makes sense to make it as healthy and nutritious as possible.

RECIPES

Lemon Buns

- 170 g (6 oz) butter
- 113 g (4 oz) sugar
- 450 g (1 lb) flour
- $\frac{1}{2}$ cup lukewarm milk
- 1 egg, beaten
- 1 tsp baking powder
- juice of $\frac{1}{2}$ lemon

Beat butter and sugar to a cream, and rub this into flour. Add milk, lemon juice and beaten egg. Beat well and lastly add baking powder. Drop onto greased baking dish and bake about 20 minutes. If too stiff add more milk.

Lemon Butter

- 225 g (8 oz) butter
- 225 g (8 oz) sugar
- 3 eggs, beaten
- grated rind and juice of 2 lemons

Melt butter in double boiler, add sugar, lemon rind and juice, and beaten eggs. Simmer until thick.

Lemon Chutney

- 225 g (8 oz) onions
- 450 g (1 lb) sugar
- 120 g (4 oz) raisins
- 30 g (1 oz) mustard seed
- 1 tsp ground ginger
- $\frac{1}{2}$ tsp cayenne pepper
- 4 large lemons
- 600 ml (1 pt) vinegar
- 1 tbsp salt

Slice lemons and remove pips. Finely chop onions, add to lemons, sprinkle with salt and stand overnight. Next day add sugar, raisins, mustard seed, ginger, cayenne and vinegar. Bring to boil and simmer until quite tender. Bottle hot and cover cold.

Lemon Jam

- 12 lemons
- $7\frac{1}{2}$ lt (12 pt) water
- 3 kg (6 $\frac{1}{2}$ lb) sugar

Boil whole lemons until soft. Split lemons open and pick pips out. Scoop out jelly and put in pan. Cut skin into fine pieces – add to pan with water and boil for 4 hours. Add sugar and boil 1 hour longer.

Lemon Juice Preserved

Put juice of squeezed lemons in a bottle and stand in a saucepan of boiling water. Boil fast for 10 minutes. Take out the bottle and cork while still hot.

Another idea which I have found very handy is to freeze pure lemon juice in ice cube trays, when frozen pop out and store in plastic bags in your freezer. These cubes can then be used in a glass of water providing a thirst quenching, refreshing drink at a moment's notice.

Lemon Mint Sauce

- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup mint, finely chopped
- 1 tbsp sugar
- pinch salt

Mix all ingredients, stir well and set over hot water for 20 minutes.

Lemon Pudding

- 2 eggs, separated
- 600 ml (1 pt) boiling water
- 1 cup sugar
- juice and grated rind of 1 lemon
- 2 tbsp arrowroot

Beat egg yolks with $\frac{1}{2}$ cup sugar, add juice and rind of lemon. Sift in arrowroot. Stir in water and boil for 5 minutes. Pour onto buttered pie-dish. Beat egg whites stiffly with other $\frac{1}{2}$ cup sugar. Pile egg whites onto pudding mixture.

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See 'You Can Start a Small Business' in GR 72 for the
story of Kersbrook Crafts.

TIPS FOR BUILDING A WOOD FIRE

Leave a shallow bed of ashes when you clean out the fireplace. They should be 3-5 cm (1-2 in) thick: higher than that is bad for the fire dogs (if you use them) and could block the flow of air underneath the logs. The ashes form a bed for the charcoal and keep it alive much longer. In fact, if you want to try to hold a fireplace fire overnight (hard to do), cover burning logs with the ashes; you may have enough life in the charcoal to start a new fire in the morning by just raking the coals forward and adding some kindling and wood.

Place crumpled paper, twigs, bark and finely split kindling on the ashes, below the fire dogs, then add kindling of a thicker diameter than initially used. Arrange your logs horizontally or two horizontally and two in a sort of pyramid. Use three or four logs; leave small spaces between them to promote a good draught. Don't use more than three or four logs. Add a little kindling at the centre.

Before you light the fire, light some paper and hold it at the opening of the chimney. The object is to heat the chimney, which will ensure a good, smoke-free draught. If you prefer, you can lay the paper on top of the logs and kindling and light it, but you should keep an eye on it. As soon as you see the smoke is going up the chimney, light the paper or bark on the ashes. If the chimney is cold, it will be harder to make it draw. In that case, put several small pieces of crumpled paper on top and light them; then immediately light the paper or bark. You may get a little



smoke, but it should be minimal. A chimney in the middle of a house will heat up and draw more quickly than one on the outside wall.

Do not build the fire too high or too close to the chimney. Your fireplace has been constructed for a fire the depth of approximately two logs; if you build a high fire, you will be interfering with the operation of the fireplace. It is not good if flames are so high that they reach into the chimney. There is bound to be some soot and creosote buildup after a while, and they could easily ignite and cause a chimney fire.

Always replace the screen when you are finished tending the fire. This is important to prevent stray sparks from landing on carpets or furniture and causing a fire where you don't want it. Make sure the room is well ventilated. Fires need oxygen; a stuffy room will make a bad fire.

From *The Wood-burning Stove Book* by Gerri Harrington, published by Collier MacMillan, 1977. An excellent book covering all you need to know about heating and cooking on wood-burning stoves. Ask your library to track it down.

KNITTING HINT

When requiring to hold stitches e.g. the back of neck in seamless knitting from the top, knit a few rows in contrasting yarn and then knit one row with a ravel cord (of nylon). When ready to pick up the held stitches, pull the nylon cord. It separates the sections of knitting.

From *Clippings*, August 1988, Vol XXIII, No. 7, Qld Spinners, Weavers and Dyers Group, PO Box 362, TOO WONG 4066.

BRACKISH WATER FOR IRRIGATION

It will be a long time before sea water can be used directly for drinking or for irrigation, but a method of using brackish (moderately saline) water for irrigation without harming crops is being developed at the Hebrew University of Jerusalem's Faculty of Agriculture. The method entails addition of nitrate fertiliser to the saline water.

The Hebrew University scientists irrigated avocado saplings grown from seeds with brackish water containing different levels of nitrate and chloride (salt). The higher the concentrations of nitrate used, the better the avocado plants were able to withstand the harmful effect of the higher chloride levels in the irrigation water.

From the *International Federation of Agricultural Journalists Newsletter*, October 1988.

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FAMILY DAY

by Jenny Martin, Launceston, Tas.

Recently all four of our children were home on holidays together – one daughter from Hobart, one from Adelaide, and the two boys who still live at home. We asked them to keep one day free for a 'family day'. When the day came everyone was happy to share time together but just what to do was a problem.

Somewhat hesitantly we brought forward our idea. Each person was to be given \$1.50 and the names of two other family members. We were each to spend \$1.00 to buy something to contribute to the evening meal. The remaining 50 cents was to be used to buy a gift for the first person on our list. A gift which cost nothing had to be found for the second person. The girls saw possibilities in the proposal. The boys were less enthusiastic but willing to try.

Our first stop was the supermarket. The rules were simple: no sweets or chocolates; purchased items could be supplemented by one or two small items from home e.g. one egg, 30 g (1 oz) butter; each person had to prepare their own selection for the evening meal, and working in pairs for better purchasing power was permissible.

In the supermarket we scattered in all directions. We scampered up and down the aisles, pricing, evaluating and choosing our purchases. Chance encounters with other family members led to hasty concealment of our chosen items. The attendant in the fruit and vegetable section must have raised her eyebrows at our various purchases – one banana, one carrot, one onion. We avoided each other at the checkouts and smuggled our purchases into the car, trying to conceal give-away clues of size, shape or colour.

From the supermarket we drove into the city to look for our gifts. We met outside one of the larger stores an hour later, once again trying to conceal our purchases. The 14 year old whispered indignantly to me, 'They weren't going to give me a bag for my chocolate bar and *he* (indicating his brother) might have seen it.'

Each chose his own \$2.00 lunch from the store's take-away food bar (a rare treat for our family) and we took our selections to a nearby park to eat together. The next few hours were free but on the understanding that each one would prepare food in time for the evening meal and have both gifts ready to present.

We could have been faced with six desserts for the evening meal but our choices worked out surprisingly well. Our menu was:

- potato crisps with herby tomato dip
- soup and bread rolls (yesterday's rolls at reduced price reheated very acceptably)
- pasta with packaged sauce to which the carrot and onion had been added
- jellied banana slices
- lemonade jelly

The lemonade jelly was our 16 year old son's inspiration.

He made up his jelly using less than the usual amount of water and added a can of lemonade which gave it a refreshing, tingly taste.

The gifts were thoughtfully selected and wrapped, and varied from a pair of shoe laces ('I really need those') and a comic, to a glass sundae dish from the second hand shop for the daughter who flats on her own. The no-cost gifts required even more ingenuity. Two chose to give work certificates, one made a pretty card and included a warm message of appreciation, and another found a free fishing guide and magazine in a sports store. A stack of library books had been chosen for another and a kiwi fruit from our garden made the sixth gift.

We finished the together time with a parcel wrapped in many layers, each layer having a question on it to be answered. The questions were designed to help us understand and appreciate one another a little more and asked such things as, 'When do you most like being a part of a family?', 'What was your favourite holiday?' or required completion of a sentence such as 'I feel embarrassed when...'

The day was voted a success. 'That was a good day,' was the comment from one of the least enthusiastic starters at the beginning of the day. 'Can we do it again?' asked another. We felt that it had been a good day too. The whole exercise had cost us \$21.00, which included two meals for the six of us. We had spent time together as a family. We had each taken time to plan surprises for two other members of the family. Those of us who do not regularly do the shopping learnt something about the cost of food and how to select for the best value. We had had to co-operate with one another in food preparation. We had learnt some new things about each other's likes and dislikes. And we had discovered again that it is good to be a family.

WASHING SKEINS AND HANDSPUN GARMENTS

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Aga Fuel Stoves

by Pamela Lawson Kerr, Bungendore, NSW.

Mrs R Hupp (in Feedback, GR 70, p. 11) writes that she is having difficulties with her Aga fuel stove. Perhaps I can help with some of her problems.

The Aga was invented in Sweden by Dr Gustav Dalen, taken over to England in 1930, and by 1940 was wholly manufactured in England by an all-British firm. It is a stored heat cooking stove and shares the quality of fuel economy with the presently popular slow combustion heaters. However, it is choosy about the fuel it requires, having been designed to burn anthracite or small coke. When anthracite is used, the stove will require refuelling and riddling (i.e. jiggling the grid beneath the firebox to make the ash fall through and allow air in to help the fuel burn) twice in twenty-four hours. When small coke is used, the stove will require refuelling and riddling more often. Wood is only used for kindling.

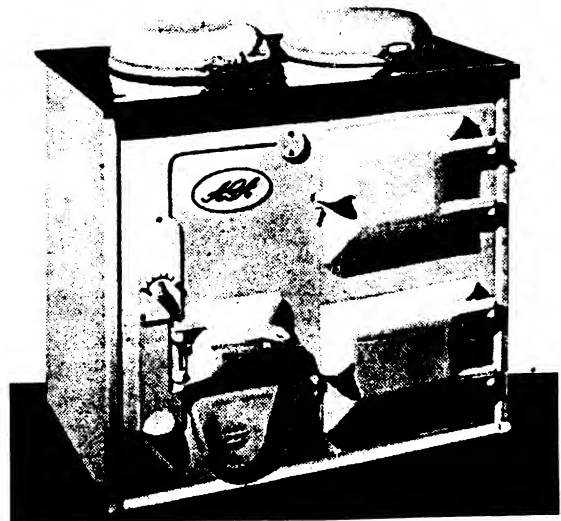
According to my *Encyclopaedia Britannica*, 'Anthracite is a high-rank coal of dense rocklike texture, a glassy lustre and conchoidal fracture (i.e. having smooth convex and concave surfaces). Although faintly banded, banding does not determine breakage. It has a black streak. It does not coke and burns with a nonluminous flame.' Coke and its manufacture are described at length in the same publication, but essentially coke is the solid residue which remains when coal is heated to a high temperature out of contact with air until practically all the volatile matter has been driven off. Put simply, coke is to coal what charcoal is to wood. The history of coke can be traced back to 16th century England when, because of the heavy demand for timber supplies caused by the expansion of the fledgling iron industry, a number of acts of parliament were passed restricting the number and location of ironworks. To get around these acts, an effective substitute for wood charcoal had to be developed, though it took between two and three hundred years of experimentation to achieve this.

A word of warning: anthracite should never be used on an open fire or barbeque because of its toxic/poisonous fumes. This was one of the things drummed into us as children. I do not know if the same applies to coke.

To return briefly to the Aga, a note on cleaning may prove useful:

- Enamelled surfaces – wipe with a soft cloth.
- Chromium – rub up with a soft dry duster.
- Hot-plates – rub with a wire brush.
- Flues – these require sweeping periodically.

The Esse, manufactured in Scotland, is very similar to the Aga. Remember that cooking utensils for use with these stoves should have dead flat bases. All this sounds very English, I know, but someone I met recently said that his family had used one of these 'wonderful stoves' quite successfully for many years with redgum as the main fuel. The only problem they found was that the wood burned



An Aga fuel stove.

unevenly causing the firebox to burn out at intervals. So there's hope for confirmed wood burners – you just have to find the right wood for your Aga. I hope this information will lead to a happier relationship with at least one of these marvellous cookers.

References

A Student's Handbook of Housewifery, by A M Kaye, first publ.–1940.
Encyclopaedia Britannica, 1956.

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ANGORA GOATS AND MOHAIR

by Oliver Haydock-Wilson, Bungendore, NSW.



To complement Jessica Gossow's excellent article 'Setting up a Goat Stud' in GR 71, and to broaden the perspective beyond dairy goats, you may be interested in these brief notes on our learning experience over the twenty years we have so far developed our Angora stud and the quality of our mohair.

We – Jeanette, Justin (12), Joanne (11), Jennifer (9) and myself – live on the upper reaches of Mulloon Creek, in the hills some 23 km (14 miles) from Bungendore, south eastern NSW. Our place (about 160 ha/400 acres) is a wildlife refuge and in addition to 300 Angoras we run some cattle.

In 1969, with next to no capital, we bought 60 white feral does (\$6.00 per head landed) from west of Bourke, and a stud Angora buck (\$160) which in hindsight was poor in terms of his mohair. We also bought four stud does (\$200 each). Since then, with greater wisdom if not greater buying power, we have purchased a succession of stud bucks with different characteristics which have been joined to the descendants of the original stud does and feral flock. Some of the outcomes have been quite delightful, many did not conform to plan (or hope) and one or two scarcely bear thinking about. Now we are about to start producing our own stud bucks. We have, in the past twenty years, learnt many things about breeding and keeping goats.

FENCES

The morning the original 60 feral does arrived by truck from Bungendore railway station and sauntered nonchalantly down the top rail of our cattle ramp, rather than use the perfectly good concrete ramp itself, we started to wonder about our fences. That evening, an unsolicited phone call from a man who said he was a stockhandler in Homebush, Sydney increased our trepidation. More in sorrow than in anger, he said that the previous day he had taken our goats off the Bourke train and put them in a yard to rest until they were called to board the train for Bungendore. He had then spent the rest of the day rounding up goats and fielding

abusive phone calls from nearby streets and suburbs. He was a reasonable man, he said, but his wife was frightened by the funny noises he made in his sleep last night. If our goats thought of taking a holiday again, please would we make very sure they did not choose Sydney!

Knowing that uninvited dogs and goats arouse the worst instincts in farmers, we then rethought our fencing strategies. We observed that goats, whether they be Angora, dairy or feral, try to push under a fence rather than go over it unless they are running for their lives. Over the years we have found that five or six strand barbed cattle fences do not stop goats but that the conventional boundary fence (two wires above rabbit netting) will. For our subdivision fencing we find that pig netting (cheaper than rabbit netting) on foot and top wires with a single barbed strand above it is very satisfactory. For stripgrazing we use three electrified and one earth wire evenly spaced to a height of three feet or so. For strainer posts we use treated pine (easier to handle) or whatever timber grows near the fenceline, rather than fell too many of the lovely yellowbox. Many of the nondescript posts are still good after over ten years in the ground. Generally, we find goats easier to contain than crossbred sheep. Fences have to be checked every month or so to block holes forced by the heavy traffic in kangaroos and wombats which occurs in this neck of the woods.

PREDATORS

The flipside of a wildlife refuge is visitors looking for a free meal. Some of our lower grade Angoras still kid unsupervised in larger, distant paddocks, whereas the quality does are brought into kidding paddocks near the homestead. Adult Angoras stand up well for themselves but their kids, particularly in the first week of life, are very vulnerable to predators of all types.

Foxes are by far our worst problem and are cunning and resourceful. If she feels up to it, our sheepdog Mickey patrols the kidding paddocks at night during kidding. She,

however, is quite capable of tripping over several foxes, not even noticing them in her hurry to resume a nightly and sometimes nightlong slanging match with some wombat. Spotlighting sorties help but can disturb the does; by moving even a few steps away a doe leaves her kids vulnerable. Sitting over a ripe carcase at night in a nearby paddock can be productive. Early morning and evening patrols for tracks and movements, plus subsequent rigorous follow up, have given us our best results. Floodlights or fixed lights do not seem to be effective deterrents.

Dogs, thankfully, are only a periodic problem here. We suffered severe yearling losses on the last occasion over the several weeks it took us to track down and ambush the dingo pair responsible.

Eagles do not, in our experience, take live kids, but a breeder of brown-coloured goats elsewhere in this region told us he saw eagles take his kids and carry them away still bleating. We are part of the territory of two magnificent wedgetails. On occasion we watch them waddling awkwardly among a mob of kidding does, waiting possibly for afterbirth but not harassing kids.

Feral pigs will eat any kid they come across; they have even been seen herding nextdoor's sheep into a paddock corner and selecting a victim. They are so freeranging that the best defence, we find once again, is to be alert for tracks and sightings and hit hard.

KIDDING

Some Angoras are marvellous mums and will stay over their kids, even foregoing food and water during the crucial first few days. Others are quite appalling, dumping the newly born anywhere, wandering off to feed themselves and then panicking around the countryside when they forget where they left junior. Small kidding paddocks with fresh feed and water help a lot. In each such paddock we have put rough made shelters, near which are a feed trough and a lick block (usually a trace element block). Very young kids lose body heat rapidly in wet and windy conditions in winter.

With triplets, or with less if the mother has a milk problem, and with rejections, we bottlefeed or foster. For this we use our dairy goats or their milk and colostrum. Pulled kids and their mums and caesarians are shedded separately. Still-births are not left to lie in paddocks. A small soap lubricated hand is best for rearranging poor presentations and, once presentation is correct, we find that pulling is easier for everyone if the doe is on her back.

Within a week of birth the kids are lively and endlessly curious. A boisterous gang will form which when not jumping on and off vantage points will get up to all sorts of mischief. This is the time to start making friends with them for ease of handling later.

HEALTH

Prevention being better than cure, we avoid overcrowding and overgrazing and spell paddocks for as long as possible. Grazing even lush pasture for long periods does not seem to satisfy browsing animals, so every so often the Angoras are turned into scrub paddocks to feast on thistle, bramble,

briar and wattle suckers. They have virtually eliminated these delicacies from the nearer paddocks, to the benefit of the cattle. Cattle, incidentally, follow immediately behind the Angoras in our paddock rotations. This sequence seems to keep pastures balanced.

Internal parasites have not been a problem, perhaps in part because we use drench as seldom as possible. We have never had a case of liver fluke in the goats (although it is not uncommon in the cattle) and in this regard note their dislike for grazing spongy areas. The few cases of worm trouble each year usually turn out to be stomach or round worm. When we notice an individual animal scouring or looking hollow or tucked up and diagnose worm trouble we normally drench it with a broad-spectrum anthelmintic and move the mob to a fresh paddock. Paddocks are spelled for three months or more if possible and, if not too steep or rock infested, are pasture harrowed after occupancy. We have not yet had to drench a whole Angora mob. For a small fee, our local vet gets the droppings of an affected animal analysed for worm type and count.

Coccidiosis has been an occasional problem among yearlings, particularly after a hard winter and poorish early spring. Modern off-the-shelf drenches have worked well on the few occasions we have needed to use them.

External parasites, in the shape of lice, took nearly two years and three applications of Clout-S (ferociously expensive) to eradicate from our herd. A neighbour, deservedly unpopular, had brought in some lice-infected Angoras which had promptly passed their affliction on to our lot. Since then we have made sure that all our new purchases and does coming for service by our bucks are lice free. We also keep a watchful eye on neighbours' sheep as we are not convinced that the two kinds of lice are always strictly host specific.

Feet of older animals need trimming every so often. Poor feet inhibit foraging and result in poor condition. Heavy rains last spring resulted in several cases of foot abscess. Antibiotics and good feed did wonders and after the abscess had drained we painted the site with gentian violet to discourage infection. Foot abscess sufferers were isolated just in case footrot might have been present.

Other than the ailments listed above, our Angoras have been as fit as fiddles and a good deal easier and cheaper to look after than sheep. Flystrike does not seem to be an Angora problem. In hard winters they get an occasional handout of hay and a lick block. Otherwise they fend for themselves.

MOHAIR AND OTHER PRODUCTS

All responsible Angora breeders try to improve the quality as well as the quantity of the mohair cut from their goats. The first aim should be a reduction in the kemp or medullated fibre present in the fleece, because by world standards the Australian clip rates poorly in this regard. Spinners, weavers and dyers know how readily these hollow fibres detract from finished products. We now rigorously cull our kempy animals, as breeding from them only perpetuates the problem. Sought after, positive characteris-

Angora kid



Two Examples of Mohair

Excellent quality fleece from an Angora kid. No visible kemp fibre should be found in top quality mohair though it is rare to find a fleece absolutely free of it. Kemp is the coarsest fibre found in mohair and is undesirable because of its dull lifeless appearance, its inability to absorb colour and its tendency to break during manufacturing.

Crossbred mohair is usually distinguished by poor crimp structure and extreme kempiness. The latter can be eliminated through judicious breeding and careful selection.

Crossbred mohair



tics are a long, well-defined staple (10 cm/4 in), crimp, lustre and handle – the touch of class one may say. The National Mohair Pool (headquarters in Cudal, NSW) has classers in every state of Australia and doubtless would be happy to answer standards queries. We are starting to explore ways and means of processing our mohair and turning it into finished products. We are beginners in this phase and would welcome advice.

A few years ago we were able to get full-fleece skins most beautifully cured, but the man who did them has now retired. The meat is delicious; we prefer it to lamb or mutton.

STARTING UP

We felt we were pioneering or helping to pioneer a new industry in Australia. That exciting feeling is still available because Angoras and mohair remain very much in their infancy in this country and in New Zealand. But there are pitfalls for the unwary. We decided that our land holding was large enough for an eventual 400 does, although we had to start much smaller. When it came to selecting our foundation stock we found a wide range of quality on offer which our lack of knowledge prevented us from defining adequately. Nowadays the range of quality among stud registered purebreds is even wider than it was, but at least there is a greater availability of impartial advice for the beginner. A couple of fairly objective standards have also emerged. The first of these is the kemp/medullated fibre count by the Australian Wool Testing Authority, which most reputable breeders will obtain on request in respect to potential purchases of stud (registered) Angoras. This is not as objective as it appears at first sight. Samples from different parts of the same fleece produce different results. Unless the whole fleece is sent to the Authority for sampling, the count could be misleading. Furthermore, the count on successive fleeces from the same animal might not be constant. We know of no authoritative work done

on this relationship or on the aspect of genetic transmission, diet and climate as influencing factors. The second is the tendency of poorer quality Angoras to start shedding their fleeces after some six months growth whereas better quality animals tend to retain theirs for longer. Note however that condition, diet and weather might also be factors.

Not all the protestations of excellence by breeders are based on the firmest of grounds, and all certainly bear scrutiny by the buyer. At present, prices both of mohair and of registered Angoras are at a low ebb. While it is a good time to buy, it pays to shop around.

The breeding of Angora goats, which inevitably involves the upgrading of them and their mohair, is a fascinating business. One does not need expensive fences to contain them. They are sturdy animals, well able to fend for themselves and great for cleaning up thistles, brambles, briars etc. In their first week of life, however, young kids are vulnerable to predators and to extreme weather.

Potential breeders could obtain advice on membership from the Angora Mohair Breeders of Australasia Ltd, 15 Geelong Street, Fyshwick, 2609 or the Mohair Producers Association of New Zealand, PO Box 3247, Wellington, NZ. To the best of our ability, we are prepared to answer practical queries and our address is Oliver and Jeanette Haydock-Wilson, Mulloon Angora Stud, Upper Mulloon Creek via Bungendore 2621.

Recommended Basic Reading

Angora Goat Husbandry, P M Kinghorn, South Australia Mohair Association.

Authentic History and Homely Care for Angoras, Alma Bode, Angora Mohair Association of Australasia, 1976.

In Search of Mohair, T W Hibbert, British Mohair Spinners Ltd, Bradford UK.

LOOK AFTER YOUR THERMOS

If you take a thermos for lunch then a drawstring bag made from foam rubber is handy to protect it from jarring. Use doubled fabric and insert the foam between the pieces to prevent choking up your sewing machine.

HOME ON THE PRAIRIE

Part II

by Trish and Ian, Central Otago, NZ.

The NZ central highlands are both harsh and beautiful. Last issue we saw how a couple battled wind and weather to build a snug stone and shingle house there. After four winters in their house on the prairie, they have developed a lifestyle that fits with their challenging environment. Self-sufficiency is impossible but independence is not. They have found many ways of supplementing the larder that are economical and allow control over the food they eat.

We are non-religious, non smokers, great eaters, and love a bottle of wine or a beer when we can afford it (making our own). We try to grow enough in our garden here and at Moa Creek (about 15 km/9 miles away and 600 m/2000 ft lower, with a milder climate) to keep us going. We have rabbits, fish, eels, freshwater lobsters, ducks and the odd sheep or wild pig for meat if we feel inclined. Even the occasional deer comes through but we prefer to live and let live. Our companions are two dogs, both of very mixed ancestry – Quin (collie cross) and Shorty (chihuahua/pomeranian, who looks like a wee corgi) and two horses, Joe and Bub. Joe is in his early thirties, about 15 hands high and a grand sort – no particular breed. Bub is three quarter Arab/one quarter Welsh Mountain and stands 14 hands high. These horses have been with us for 2 years up here and are now acclimatised to the winters, which are bitter, beautiful and not to be missed. (It's good enough to ski and skate when the dam freezes over, and just enjoy peace and quiet!).

Bub is at present relearning to work in harness, as she did years ago. To cope with the snow, a sledge had been made and some rather rough harness, safe but not pretty – still it does the job. The horses enjoy the barn in winter and as all grass is then well buried, they are hand fed twice a day with lucerne. They also have 3 rugs on – a quilted one, a woollen one and a big long waterproof one with neck rug and tail piece on it. It's -10 degrees Celsius (14°F) and sometimes less, windchill factor taken into consideration, so they have problems with hypothermia too. If we know it's going to cut up rough we bring them inside. They also have their special places where they stand in shelter by the rocky outcrops, thus cutting down on wind.

We are conservationists and environmentalists really and try to look after what is already here. There are many little plants hidden amongst the tussocks and we have walked around the area in a radius of some 30 km (19 miles) and further as the horses have been used for longer trips. I do buy feed for them, enough barley to boil and meal and lucerne hay to feed them over the harsh winter months.

This is now our fourth winter here and the weather is being exceptionally hard on us. It has snowed off and on for seven days and as it is freezing at night the snow is frozen till we get a thaw. We have moved the truck down to the flat and walk or ride up and down as the trail is drifted over sometimes up to 1.2 m (4 ft) or more.

Our philosophy is to work 5-6 months, save our money and come home for the rest of the year. We read, write, and



Trish's son Robin's hut, a simple construction amongst the rocks.

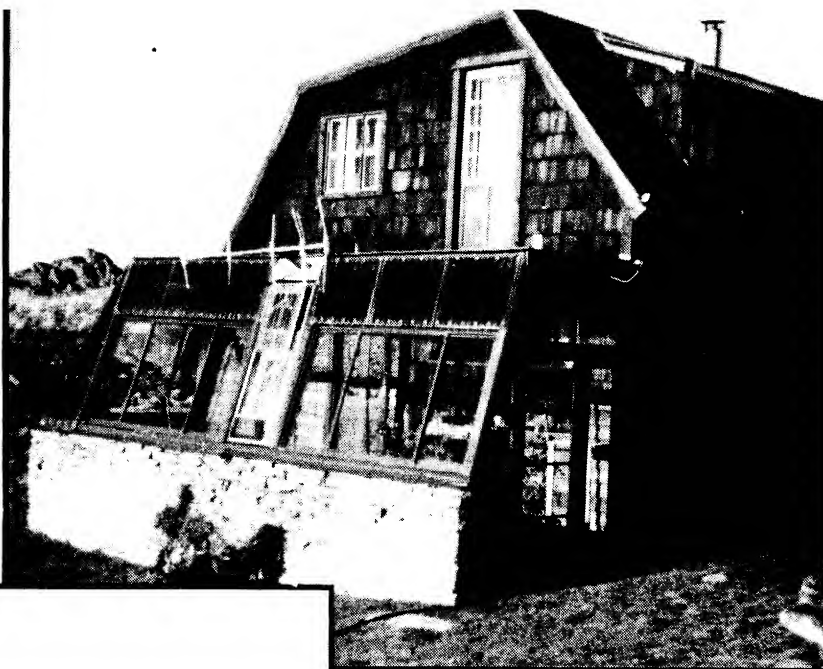
make all sorts of bits and pieces for local markets as well as repairing stone buildings as pocket money. We also barter products or services for things we need like lucerne for the horses. We could kill rabbits for skins, possums too, but our policy is 'live and let live.'

Having been here four years we realise now that we do not have the right climate to be self-sufficient, but we have cut our living expenses down to the bare minimum and live off the land and our garden most of the time. There must still be some gold in 'them thar hills' too and we go prospecting now and then, with not much to show for our efforts so far.

Over the years we have mechanised our home life – we pump water up to the house and have a Rikan Hornet wind turbine to charge the 12 volt batteries which we use for any electrical appliances. We use a Portavolt inverter to convert battery to electricity if we need it. Ian's water system allows us a shower when the fire is going, or if you can stand a freezing cold shower it's on tap any time. Well perhaps that's a fib – just at present we are in the grip of our worst cold spell and the water bins at the bottom of our spoutings are frozen solid, bar one which I have to bash each morning to use.

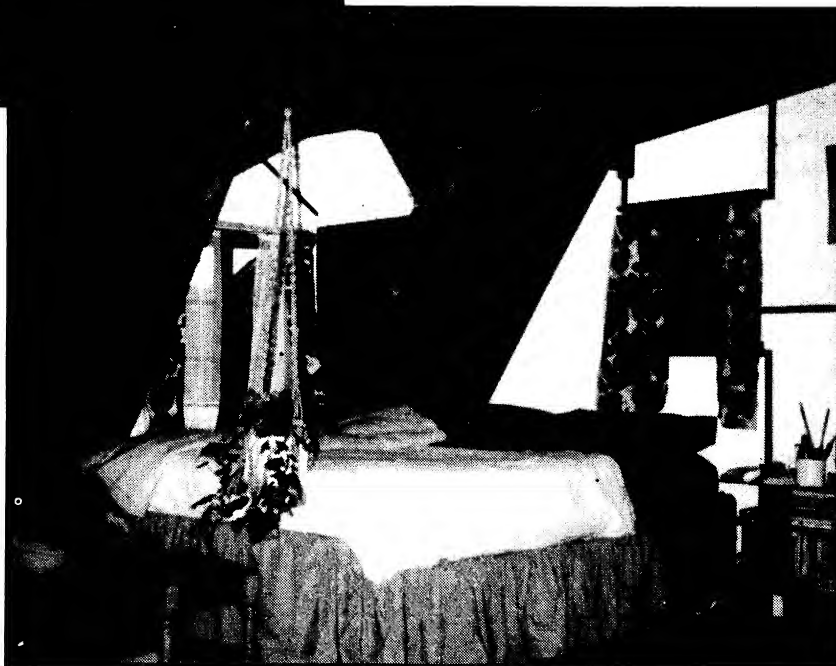
With time on our hands when not building, the food larder has been increased with bottling fruit (we use honey instead of sugar, supplied by a friend at Moa Creek),

The greenhouse was built with the windows on an angle to deflect the westerly winds. We successfully raised a good crop of tomatoes in it last year and hope to be more adventurous this year. A hidden benefit from the greenhouse is the increased warmth in the house. We just open the connecting door into the living space and allow the collected heat to circulate.



A late winter afternoon. We'd been busy – finished the toilet, the small building on the extreme left, laid down some paving stones and constructed the stone wall around the garden plot.

The sleeping area with a partially obscured dormer window. The roof/walls are lined with planks of kauri giving an exposed, natural look, and a spiral staircase provides us with access to this upper storey.



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relishes, pickled onions, wine and ginger beer, and all sorts of other experiments are tried. Cheese too! Central Otago is the fruit bowl of New Zealand so apricots, plums and apples can be bought quite cheaply. It pays us to use this fruit and it keeps us through most years.

We are great readers especially on trying to save our earth from total destruction. We try not to pollute the air by burning anything but wood in our fire, don't use spray cans - we think the ozone layer is giving out and that will mean trouble for us down here near the Antarctic, as the scientists seem to think the layer is going here first. I will probably lose my home in Westwood as the seas will rise and there I am down at sea level with only sandhills to stop the water from drowning us. We hope also when the nuclear holocaust comes we will not be near a direct hit area like the northern hemisphere, or perhaps Australia if they decided to bomb you folk for some reason. We hope to be able to survive, but only time will tell if the nuclear winter situation and radiation levels will make living worthwhile.

Our reading of course covers other topics as well - you would need a bit of light relief from those destructive forces. I love a Catherine Cookson, Wilbur Smith, Dick Francis and of course Jean Auel's *Clan of the Cave Bear* and sequels. In fact, there is not much we don't read. We play Scrabble and have scores up in the 500s now, love crosswords and puzzles, music, have lots of tapes of all sorts from semi classical to pop. The television, a black and white 12.5 cm (5 in) screen had a fair go when the Olympics were on and as I am an avid sports fan, anything NZ'ers do I like to keep up on. I would like to run the odd half marathon but unfortunately we live rather too far to compete, but I walk and ride quite a lot and that I do enjoy.

We have a few visitors here, but only in the summer is it really easily accessible as the track is graded, the rain doesn't come to gouge out great ditches in it and the mud can be got through when there is no frost. We had a hoar frost this morning - when I woke up everything was white, the tussocks like shiny icicled spikes, even the horses had icicles on their whiskers. But it's now the beginning of September so we are into spring, there are little clumps of clover greening up hidden in the tussocks for shelter. Soon our sheep will be back to lamb and live with us till April next year. The cycle continues.

Ian and Trish are keen to correspond with readers in Australia living in a similar situation. They are hoping to visit this country soon to meet people living self-sufficiently. With any luck, the new job will provide the air fares. Write to Trish and Ian White, C/- PO Alexandra, Central Otago, NZ.

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SECOND-HAND CHAINSAWS

by Greg Baker, Braidwood, NSW.

If you want to buy a chainsaw but your budget precludes a new one, you want a cheap second saw as an emergency replacement or you need a saw at home as well as at your farm, a second-hand chainsaw is worth considering.

LOCATING A SAW

Second-hand chainsaws are available through chainsaw retailers, at farm clearing sales and privately. To find one you'll need to ring around or visit chainsaw outlets and keep your eye on newspaper advertisements. When you have located a second-hand saw, you should get full details of the make and model and the asking price if it is not up for auction. Then, before pursuing the purchase any further, you should find out how old the saw is, whether powerhead parts are still available and what is the price of a new equivalent model. There is no sense buying second-hand for a price approaching that of a new saw of the same capabilities. This price will also give you more bargaining power and an idea of where your limit should be at auction.

The safest place to buy from the point of view of obtaining good value is from a chainsaw shop. Their reputation is on the line whenever they sell a saw, whether it is new or second-hand. Chainsaw outlets which have been in business for a long time will be the best bet. Their second-hand saws will be trade-ins and will usually be cleaned and serviced by the shop before sale. Some shops may even offer some form of warranty. To get details of any such warranty you will need to ask before you buy.

Private sales and farm clearing sales are riskier so you will need to check the saw thoroughly yourself. Rarely will these saws come complete with a tool kit so you will need to take some items of your own to check your possible purchase. These should include a 6 mm ($\frac{1}{4}$ in) screwdriver, a Phillips head screwdriver, a range of sockets between 10 mm ($\frac{3}{8}$ in) and 20 mm ($\frac{3}{4}$ in) and the accompanying tool bar, spark plug spanner and, of course, ear protection. The sockets or equivalent open ended or ring spanners are necessary because chainsaw nut sizes vary and your existing combination spanner (if you have one) may not fit.

At clearing sales it would be rare for anyone to challenge your right to have a good look at the saw, but you could check with the auctioneer before you start. Private sales are a little different in that the situation will be just you and the seller. If the private seller is unwilling or reluctant to allow you to partially dismantle the saw to examine it, you should be cautious about buying. Remember though that their reluctance may reflect their lack of confidence in your abilities to dismantle the saw and put it together again. To test this possibility, ask the seller to do the dismantling for you. Reasonable sellers should comply if they are able, and their handling of the saw may give you additional clues about its condition.

SELECTION CRITERIA

These are the same as for a new saw: it should have a chain brake, handguards, a chain catcher, a spark arrester fitted to the exhaust muffler, anti-vibration mounts and a throttle lock-out switch. Chain brakes usually consist of a circular band of steel wrapped around the clutch drum. They are operated by a combined handguard and chain brake actuator ahead of the main handle. These chain brakes operate more quickly and reliably than ones designed to short circuit the ignition. The rear handguard should be a widening of the floor of the rear handle to protect your hand from a flying broken chain. Chain catchers are mounted below the chain at the very front of the chainsaw body. They reduce the swinging length of a broken chain.

Preferably the saw will have a narrow profile sprocket nosed bar and safety chain but these can be fitted later when they are due for normal replacement. Safety chains have tapered ramps built into the chain drive links or depth gauges. They smoothly ease the wood to be cut onto the cutters and reduce the possibility of kickback.

There are a few additional things to look for in a second-hand model.

General Appearance

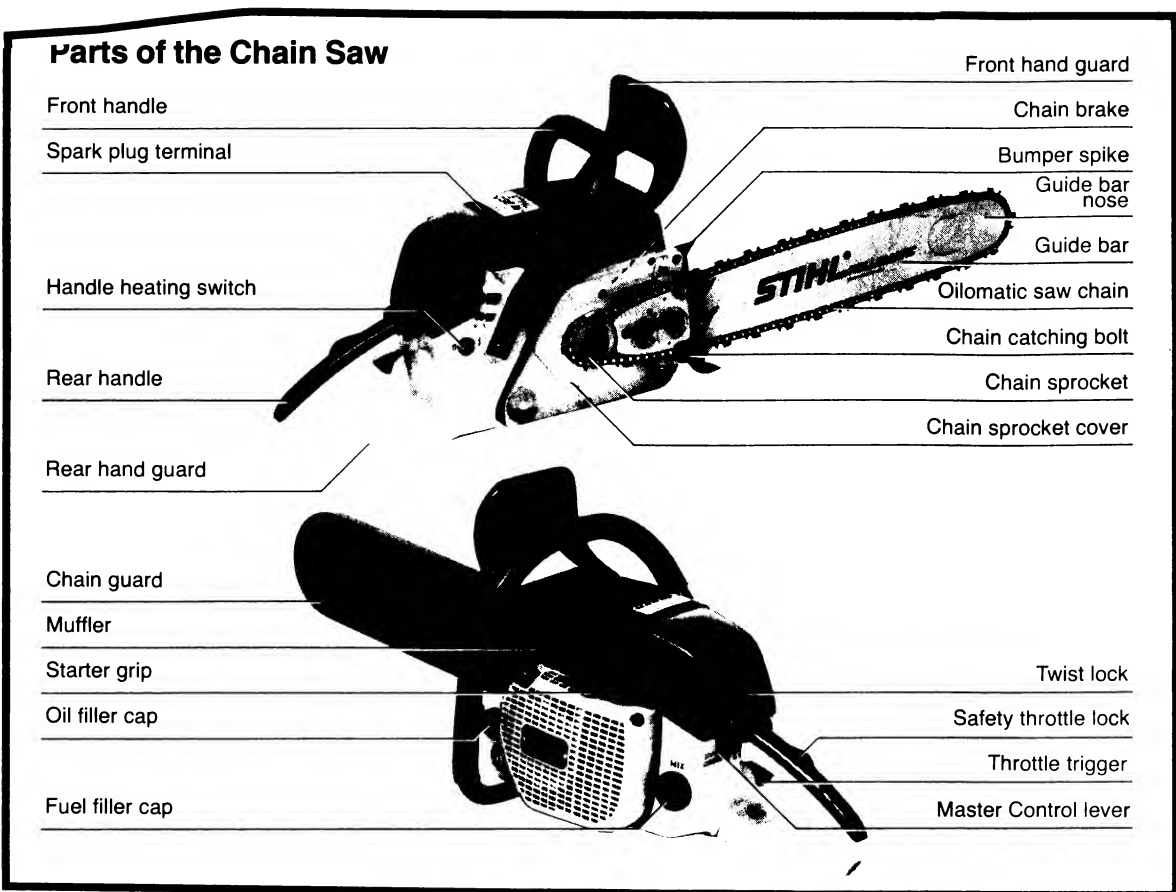
A clean saw is generally a better kept one, though of course it may have been cleaned up specially for the sale. A saw with all its parts intact and in good order is indicative of a careful previous owner. Look for cracked or broken castings and makeshift repairs and for clogged air filter, muffler exhaust or spark arrester screen.

Begin your examination by removing the rope starter. This usually involves no more than removing four nuts or screws and lifting the starter straight off. Examine the state of the cooling fan and the starter pawls and springs. Fins broken from the cooling fan upset the balance of the engine and reduce the cooling effect.

Remove the chain side cover and sufficient of the clutch and chain sprocket to gain access to the end of the crankshaft. Then make sure that there is no movement between the engine fan and crankshaft by rocking the fan backwards and forwards with one hand and with the fingers of your other hand on the crankshaft. Lack of relative movement will indicate that the ignition timing will be satisfactory. Replace the clutch and chain side cover. Before replacing the starter, check that the starter pawls emerge smoothly when the starter rope is pulled out and retract when the tension on the rope is released. The pawls should not be excessively worn. Replace the starter.

Bar and Chain

The bar should be straight and free of chips and worn patches. It should not be the blue colour which comes from having pinched rails, having been allowed to run too hot or forced to cut with a blunt chain. The rails should be of



equal height and thickness and the sprocket or roller turn freely when rotated by hand. Some burr is normal and acceptable because it can be filed off after purchase.

The chain itself is not critical because it can be replaced. Some chain wear types, however, are indicative of the previous owner's maintenance and use patterns. In particular, look for wear and damage on the toes and heels of cutters and tie straps. These can be indicative of three things. One is that the saw has been forced to cut with a blunt or incorrectly sharpened chain. Another is that the chain has been run at too great a tension on a hard nosed bar and the third is that the chain has been run too loose. In this latter case the damage will have been caused by the heels and toes striking a spur wheel sprocket. While these conditions do not necessarily mean that any irreparable damage has been done to the bar and powerhead, they can indicate a lack of proper maintenance by the previous owner. The upshot is that you will need to be more thorough in your examination of the rest of the saw.

Powerhead

The powerhead is the place to spend most time when examining a second-hand saw. It will not be possible to completely troubleshoot a saw before an auction or during a private sale. Nonetheless, there are a few things you can do to see if all is well and to locate possible problem areas. There are three areas to check: the ignition system, the general mechanics of the saw, and the fuel and exhaust system.

First examine the ignition system:

- Check that the on-off switch works and is not earthed to the engine body.
- Check that there are no frayed leads or bared wires touching metal on the powerhead or other wires.
- Remove the spark plug lead, insert an insulated handle screwdriver into the lead terminal cover and hold the screwdriver shaft close to metal on the powerhead. Hold the saw steady and pull on the starter rope. If there are no sparks, there are problems in the ignition system which will need repair. If there are sparks the ignition system is satisfactory.

Next remove the spark plug and examine the colour of deposits. A tan to light tan colour indicates that the saw was correctly tuned when last used. Black or white deposits show a badly tuned saw and are indicative of poor maintenance standards.

While the spark plug is out, test the state of the crankshaft. Pulling on the rope starter a few times with the spark plug removed allows you to feel how smoothly the engine turns over. If this is not completely smooth the crankshaft may be bent or a ring displaced. This means expensive repairs would be necessary and you would need good reasons to buy a saw in this state.

Replace the spark plug then test compression by pulling on the starter rope with the engine switched off. Feel the compression as the engine turns over. If the starter rope pulls easily and with little resistance the compression may be low and power output restricted.

Next check the fuel and exhaust system. Make sure that fuel can get to the carburettor. Check:

- fuel filter for clogging;
- fuel line for kinks or leaks;
- air cleaner for clogging with sawdust;
- exhaust port or spark arrester for clogging with carbon;
- carburettor gasket for air leaks;
- air cleaner for holes;
- fuel tank vent for blocking.

While all these conditions are relatively easy to correct they are again indicative of poor maintenance. On the other hand, because they are easy to fix, you may get a bargain in a saw with these conditions if you are sure the mechanics of the saw are all right.

Other Tests

Other tests should be to check the throttle lock-out for correct operation, nuts and screws for tightness, rubber anti-vibration mounts for soundness and, if fitted, manual chain oiler for correct operation. Burred or out of round nuts and screws with damaged slots indicate poor maintenance standards. Check also that automatic oilers work properly by observing oil flying from the top of the forward end of the bar during operation or by pulling the chain by hand and seeing if the oiler deposits oil on the chain.

As a final test, if possible, remove each of the carburettor high and low speed jets in turn and examine their inner ends. If they are not evenly smooth and conical then they have been screwed in too tight at some stage during their life and the carburettor will not be tunable.

Buying a second-hand chainsaw privately or at auction is, of course, a time when your actions can have an effect on the price. The more you can become familiar with chainsaws and their operation before approaching the purchase, the more you can satisfy yourself a possible purchase is worthwhile without giving away this fact to the seller or other purchasers. Naturally, at a private sale you should ask the seller to start the saw; at an auction it may be better not. But tactics have got to be your decision.

Stihl has produced a 27-minute training video giving a basic introduction to chainsaw use, covering maintenance, operator techniques and operator safety. It is not intended to train professional chainsaw operators but to explain the fundamentals of the machine and its operation to people who might have occasion to use chainsaws in their daily work. The video which also highlights important safety features in the design of modern chainsaws, is available at a cost of \$35.00 from Stihl by phoning 03-765-1425.

COURSES

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SP13/89

INVISIBLE MENDING

by E. Hoare, Vic.

My earlier suggestions for mending winter woollies ('Creative Jumper Repairs', GR 68, p. 61) concentrated on decorative ways of covering up holes in children's jumpers. However, sometimes the jumper to be mended does not lend itself to coloured patches or fluffy yellow chicks. Recently a bachelor friend of ours asked me to mend a couple of holes in one of his jumpers. Now he is definitely not the fluffy yellow chicks type, and as his jumper was a classic design panelled in cables, I couldn't see it festooned with bright patches either. As it was also his Sunday best, I didn't want to do an ordinary darn, so there was nothing for it but to set to and do an invisible mend. He was very pleased with the results as the mends hardly showed at all, and I wondered if I might pass on the 'know how' in case other readers might like to try the method.

First of all the hole to be mended must be tidied up. Fasten off and darn away all loose hanging ends to the back of the work, where they won't show, and pull undone any uneven stitches until you have a sound row of strong stitches at the top and bottom of the hole. If you have some dropped stitches which have run down into the knitting, take a crochet hook and pick them up, as shown in figure 1. You may find it necessary to hold each picked up stitch on a safety pin to ensure that they don't run again while you are picking up the rest.

Now take a length of yarn a little finer than the original yarn used, but the same colour if possible. If you are using commercial wool you may be able to split it. I use finer yarn here, to help prevent the mend from becoming bulky. Leaving a few centimetres at the back of the work to be darned in later, run long stitches across the hole to link up both sets of stitches (figure 2). This is the foundation on

which to build your mend. Don't pull this thread too tightly or your mend will not sit nicely.

Then take a length of yarn exactly matching, or as near as possible to the original knitting, and the same thickness. Start at one side, leaving a short length at the back of the work to be darned away later, and work the new stitches across the hole, in the same manner as you would if you were embroidering a picture. Use the original knitting and the new foundation thread as shown in figures 3 and 4, and cover some of the stitches at each side of the mend to ensure a secure patch. Keep building on in this way, using the previous row of new stitches (figure 3) and the foundation threads (figure 4) to build the next row. Take care to pull the stitches no tighter than the original knitting and keep the rows level with the original knitting to ensure that you don't wind up with more or less than you need. Link up the last row of the mend to the stitches waiting at the top of the hole. Finally take the thread through to the back of the work and tie off and darn away all the loose ends. Once you've mastered this method, you will find it no more time consuming than a darn, and much nicer to look at. Once the jumper has been washed, you probably won't be able to see the mend at all.

ADAPTING COMMERCIAL PATTERNS TO HANDSPUN WOOL

Cast on 20 stitches and knit 5 cm (2 in) each in three different sized needles. Choose the tension result most suited to your wool. Count the stitches to 2.5 cm (1 in) and choose a commercial pattern that knits to that exact tension regardless of the needle and wool sizes mentioned in the pattern. Keep to the needles that gave you your desired tension and you will find the results most pleasing.

Steps To Invisible Mending



Fig. 1. Picking up dropped stitches.

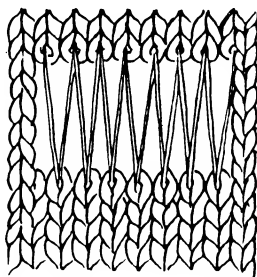


Fig. 2. Making the foundation.

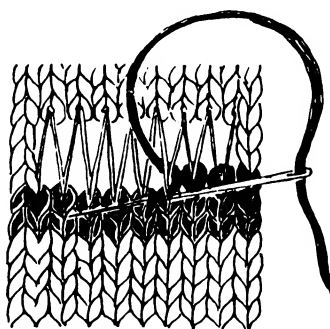


Fig. 3. Building on previous stitches...

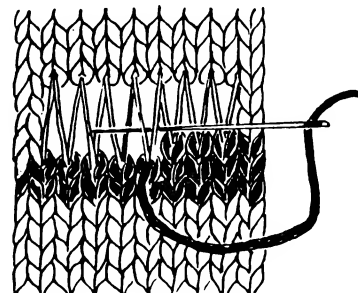


Fig. 4. ...and on the foundation threads.

CO-OPERATIVE CRAFT MARKETING

by Robin Ross, Avoca Beach, NSW.

With more and more people finding enjoyment and challenge in handcrafts, there is a greater need for suitable markets for selling work. Gift shops and small galleries in local towns are often ideal outlets, but one imaginative craft group of friends solved the problem in a very practical way – they formally organised their own craft group and monthly sale day – and nine years later the concept is still working well.

The Central Coast Creative Craft Group Inc. was formed in 1980 by a group of 'crafty' friends who needed a regular outlet for selling their craftwork directly to the public. Advertisements were placed in the local newspapers calling for interested craftspeople to attend the first meeting, and within a couple of months about 30 members had joined the group. Guidelines were agreed upon and today, eight years later, the same policy is being followed with the occasional adjustment as needs change.

The Craft Group is run on a membership of 30-40 people with preferably only 2 members doing any one craft, although individuals may sell a variety of craftwork as long as it is their own work and doesn't duplicate the work of others. The idea is to have as wide a variety of goods on sale as possible.

The group has the regular hire of a local School of Arts hall for the first Saturday of each month (except January) and has gained a good reputation for selling high quality handmade craftwork. All popular crafts are made such as pottery, leathersgoods, wooden toys and turned items, jewellery, hand-painted and screen-printed goods, knitting and crocheting, embroidery, tapestry, soft toys, cottage craft, watercolours, ceramics, dried flower baskets and novelties, children's clothes, silk painting, jams, pickles,

home baking, plants and herbs. . . the list goes on! There is room for 30 or so stalls in the hall and most members come along every month. It is not unusual for local craft shop and gallery owners to use these Sale Days as a chance to buy or order for their shops. The hall is situated at Kincumber which is fairly central to the beach suburbs of the Gosford area and is proving to be a most suitable venue.

From its early days the group has supported the Children's Medical Research Foundation and has so far donated \$13,000 to this cause. The money has been raised by door admission donations and a competition each month with prizes donated by members. At Christmas a huge hamper is put together and tickets sold over a couple of months. Members pay an annual fee, and on Sale Days a maximum stall fee of \$10 applies. These fees cover hall rent, advertising, printing and postage of a monthly newsletter and insurance. The group has recently become incorporated so there are annual fees involved there too.

Although most of the original members have moved on the group is still going strong and there is always a waiting list for new members. However, numbers are restricted to stall spaces available. The committee consists of president, vice president, secretary, treasurer, publicity officer and four committee people. A set-up and clean-up roster



Sale Day for the Central Coast Creative Craft Group. We hire a local hall for the first Saturday of each month and have acquired a reputation for the quality of the work we sell.

includes all members during the year. We have found that by running the group as we do, we have very few problems. New members' work is displayed at a meeting so members can see if there is a conflict of interests or not, and any worries can be sorted out before they become real problems. All new members attend one Sale Day before they join, giving them the chance to see if their work sells or not – in other words we try to be fair to everyone, both members and customers!

The Sale Days are much like a market, with each member being fully responsible for their own stall. Presentation is very important and new ideas are encouraged. For most members these regular Sale Days have led to other things – invitations to other craft fairs, shows, school fetes, private orders and consignments for shops and galleries. For some it has turned a hobby into a small business and is a great way to test the market with new items. A meeting is held each month on the Tuesday before the Sale and all members who wish to have a stall book their space on the floor plan. This way the hall can be arranged so it looks good even if numbers are down – there are no obviously empty spaces.

An added attraction on the Sale Day are special guest demonstrators (not always easy to find) who bring samples of their work to display and sell and who demonstrate that craft during the day. They can advertise their business or classes and generally promote themselves while adding interest for the customers. We try to choose crafts that our members don't do, or things like leadlighting, silverwork or lacemaking that are intricate and fascinating to watch. We also set aside a corner near the kitchen for a Tea Shoppe (5 tables) where we sell Devonshire teas, sandwiches and home baked goodies, and hot soup in the winter. All Tea Shoppe profits go into the children's fund. This enterprise is run by an honorary member who is also responsible for all fund-raising efforts.

We are a happy group. Our members get on well together and many firm friendships have been formed. The Sale Days are quite a social event, particularly for members who are fairly housebound, and I think that having a worthwhile charity to work for gives us all a sense of purpose outside our own personal gain.

On reading back through this article I realise that it might seem like there are a lot of rules and regulations to comply with, but really it's just a system which has evolved over time and it works! There were many hiccups in the early days, and times when general apathy nearly outweighed enthusiasm but, for the last couple of years particularly, the group has been doing very well and looks like going on indefinitely.

If anyone is interested in further details about the Creative Craft Group, please write to the Secretary, Mrs June Riley, 16 Arilla Avenue, Terrigal 2260.

HANDY HINT

Silence squeaking hinges with a little washing up liquid or cooking oil. If these don't work, dry the hinges and sprinkle on talcum powder or rub a soft pencil on exposed parts.

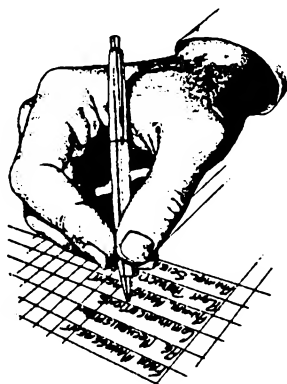
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Caring for Natural Woods and Fibres

by Pam Marshall, Kingswood, SA.

Life in this 'man-made' age tends to sever our essential connections with what nature provides for us. Incorporating natural materials into home furnishings and personal clothing will help harmonise the environment and maintain that connection. But natural materials such as wood and fibres require a certain amount of care and respect in order to maintain their appeal and prolong their use. Here is a collection of hints for just that purpose.

WOOD

General Hints

Applying polish to wood will not only maintain the wood's appearance but also restore the essential oils which improve the quality of the wood and prolong its life. Never apply polish directly onto the wood as this may cause dark staining, always place the polish onto a soft cloth first, then apply by rubbing along the grain. Never use chamois or similar materials to polish wood. There are many commercial furniture and floor polishes available on the market, but the best way to harmonise and maintain the natural theme of your wood is to make a polish of your own. Here are a few ideas to choose from:

- Furniture polish – mix together equal parts mineral turpentine, vinegar and raw linseed oil. An alternative is to mix together equal parts of vinegar and olive oil.
- Floor polish – an easy and economical polish to use for floors is a mixture of one cup of vinegar and half a cup of raw linseed oil. Rub into the floor with a soft clean cloth. Beeswax is excellent for polishing floors because it provides a hard protective covering to the wood. To make beeswax floor polish cut up 125 g (4 oz) of beeswax and soak overnight in 315 ml (11 fl oz) turpentine. The following day, cut up half a cake of soap and dissolve it in one cup of boiling water, then add to the wax and turpentine mixture. Stir until the mixture is a white cream. Bottle ready for use. This polish may be used on all types of floors.

Over time you may find that polish builds up on wooden floors or furniture. To remove this excess polish, dip a soft cloth in warm water and wring it out. Then dip it in brown vinegar and sponge the furniture. When it has thoroughly dried, repolish it with your usual polish.

Often marks appear on wood due to usual daily activities or accidents. Here are some remedies for the more common causes:

- Scratches – the best way to deal with scratches on furniture is to hide them by rubbing with dark shoe polish or iodine for dark woods, or light shoe polish for light woods, and repeat the process until the correct shade has been obtained.

- Heat marks – caused by drink or food utensils – can be removed by rubbing the area with Brasso, or cigarette ash or fine wood ash made into a paste with a little water.

- Cigarette burns – rub along the grain of the wood with a little toothpaste over the area of the burn.

- Water marks – mayonnaise rubbed into the area and left for about one hour then wiped off with a soft clean cloth will reduce if not entirely remove water marks.

Wooden furniture or floors that have faded through age or being left in the sun may be rejuvenated by rubbing along the grain with a solution of equal parts boiled linseed oil, methylated spirits and brown vinegar. Polish afterwards. Another method for improving the appearance of old rundown furniture is to rub with a cloth dipped in methylated spirits and then apply the usual furniture polish.

Specific Types of Wood

Teak When polishing teak use only specially prepared teak oil, and in particular for teak, apply the oil onto a soft cloth first, then rub the cloth over the wood.

Cedar It is advisable to use only specially formulated cedar oil for this type of wood. However, cedar oil is expensive, so here is a method for making your cedar oil go further: mix 2 cups of cedar oil with 2 cups of turpentine, then add 2 cups of ammonia. Pour into a bottle and shake well. Add 2 tablespoons of melted soap and shake again. Cork securely until required.

Mahogany The best way to clean mahogany is to wipe it with a cloth dipped in linseed oil and then rub with a soft cloth for a nice shine. Keep mahogany wood well dusted. For spots and stains rub a little oxalic acid and water into the area until the original colour is restored, then wash the area with water, allow to dry well and polish with linseed oil.

Walnut Your usual furniture polish is suited to walnut, but the best way to deal with scratches and stains on genuine walnut is to rub the area with half a walnut, the juice from which will remove the stain.

Rosewood Furniture made from rosewood is best rubbed daily with a clean dry cloth to retain the shine. Polish it only very occasionally.

Camphor Wood Never use furniture polish, oils or wax on camphor wood as this will interfere with the wood's pungent aroma. The best way to clean camphor is to very lightly wipe it with a damp clean cloth. To remove dust from carvings in camphor wood, use a cotton bud dipped in detergent and water. If the aroma of your camphor wood box has faded, the best method for restoring it is to rub the inside of the box with sand-paper.

Parquet is flooring made from small wooden blocks or pieces arranged in a pattern. An easy and economical

method for cleaning parquetry is to scatter the area with damp tea leaves then sweep thoroughly. It is not a good idea to wet parquetry.

Wooden Salad Bowls are best not washed, but wiped with a damp cloth after use. If a smell builds up, wash the bowl in warm soapy water and wipe over with oil and vinegar.

Bamboo To clean bamboo use a brush dipped in warm water and salt. The salt will prevent the bamboo from changing colour where it has been wet.

Cane As with bamboo, salt water is the best way to clean cane. Care must be taken when repainting light 'woods' such as cane or bamboo. Some strong products used on hard surfaces such as brick, metal or wood will cause cane to deteriorate – in particular, paint stripper or remover fall into this category. Always make sure that you have thoroughly washed off old paint and the stripper with warm soapy water as soon as the stripper has begun to work on the paint. Then allow the surface to thoroughly dry (at least a week) before repainting or varnishing.

FLOORS, PAVINGS AND WALLS

Cleaning and Maintenance

Depending on their composition and state of wear, there are various methods of keeping these surfaces looking good.

Cork Floors To maintain the shine on cork floors, mop regularly with warm soapy water and a little methylated spirits. To remove any marks rub the area with Brasso. Worn cork floors where the surface has been removed should not become wet but be rubbed with turpentine and lightly polished.

Straw Matting Clean by wiping with a large cloth dipped in salt water and wipe dry as you work over the floor. The salt will prevent the straw from discolouring.

Seagrass Matting Clean as for straw matting. Seagrass matting tends to absorb unpleasant odours. To clear away the odour, place platefuls of sliced unskinned onions around the room, close the doors and windows and leave for 48 hours, then remove the onions and allow the room to air.

Brick The best method for cleaning brick is to gently scrub with a mild bleach solution (i.e. one part White King to 4 parts warm water). Wash down the area with warm soapy water afterwards.

FIBRES

Although most garments nowadays carry labels giving the care instructions recommended by the manufacturer, here are some hints for keeping your favourite garments at their best for years.

Wool and Mohair

Washing Always wash soft fibres such as wool and mohair by hand in warm soapy water, and dry in fine weather away from direct sunlight and (if drying indoors) away from direct heat, as sunlight and heat may cause discoloration. Shake the garment well after it has dried to restore the soft fluffiness. Slightly stronger wool fibres may be gently spin-dried. A little vinegar in the water will make the wool feel silky and smooth.

Pilling and Shedding Pilling on wool garments may be removed by rubbing the garment with a piece of foam plastic or dry foam rubber. Shedding from fluffy garments such as angora and mohair may be prevented by placing the garment in a plastic bag in the refrigerator for about half an hour before wearing. Lightly sponging the garment with vinegar will also help prevent shedding.

Storage Always wash wool well before storing and sprinkle the storage area with Epsom salts to discourage silverfish and moths.

Restoring the Shape If the garment has been stretched out of shape, the best way to restore it to the original shape is to wash it in warm soapy water, then wrap it in a towel to remove as much water as possible. Lay the garment flat (i.e. on a towel on the lawn) and as it dries regularly push it into shape. For shrunken garments, dissolve 90 g (3 oz) of Epsom salts in boiling water. When the solution has cooled soak the garment for about half an hour. Squeeze out excess water, cover the garment with a damp cloth and iron on 'wool' setting.

Moth Holes on woollens do not necessarily mean that the garment is of no further use. The hole can be repaired by cutting a small piece of the fabric from the seam of the garment and sticking it to the back of the hole with egg-white or a paste made from water and starch or clear nail polish. Then press with a hot iron.

Wool Carpets Here is an economical gentle shampoo for wool carpets: mix 2 tablespoons of ammonia, 4 tablespoons of vinegar, 4 drops of lemon essence and a little soap powder with 5 litres (1 gallon) of water. Scrub the stained areas of the carpet first with a firm brush dipped in the solution (do not saturate the carpet). Then scrub the whole carpet. Make sure you scrub across the pile first, then scrub in a circular motion. Wipe up the suds with a clean cloth and rinse lightly with a soft cloth wrung out in warm water. Finally, sweep against the pile with a clean straw broom.

Linen

Always store linen in dry areas which have been sprinkled with Epsom salts to deter moths and silver-fish. Ensure that the linen is clean and well dried before storing.

Silk

This is best washed by hand in warm, soapy water to which a few drops of methylated spirits and vinegar have been added. This will make ironing easier. Alternatively, iron the silk when it is still slightly damp after washing. To whiten silk, add a teaspoon of cream of tartar to the washing water and soak the garment in it for about 10 minutes. A few drops of methylated spirits in the washing water will give silk a nice sheen.

Canvas

Salt water is best for cleaning canvas. Soak and/or scrub in a mild salt water solution. Detergent is not recommended.

Reprinted from *Inneraction*, March-April 1986, a newspaper about New Age philosophy, self-sufficiency and self awareness (no longer in publication).



In GR 67 and GR 70 the most desirable homestead horse was debated in some detail. Several suitable breeds were discussed such as the Fjord pony and the Haflinger, both almost ideal by repute, but rare in Australia and therefore expensive. Irene Maxwell suggested breeding a special horse and gave her description of the ideal animal. Apart from minor details she could have been describing the larger Connemara pony.

In her article she included the Connemara with the Shetland, New Forest and Welsh Mountain ponies among the smaller breeds. This is not strictly accurate. The Connemara ranges in height from 13 to 14.2 hh and is strong and powerfully built with 18-20 cm (7-8 in) of bone below the knee. They have been the 'homesteader's horse' of Ireland for hundreds of years, doing every conceivable job on the tiny farms; ploughing, carting and carrying loads and providing transport both in harness and as saddle horses. In later times they were raced and used for hunting.

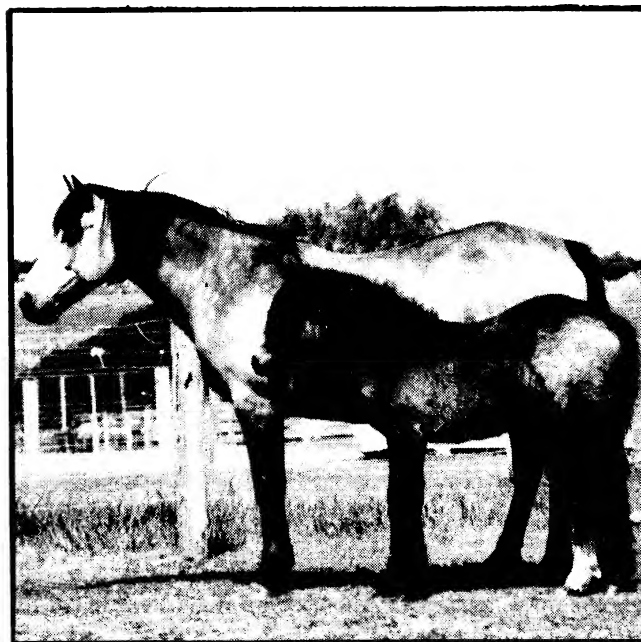
The first Connemara was imported to Australia in 1963 and they have since gone from strength to strength – there are now studs scattered all over Australia. Connemaras have a deep compact body on short legs with a long sloping shoulder. They are quiet, sensible, intelligent, kindly and above all versatile. They have a hardy constitution and tremendous staying power and do well on average pasture, often too well, and may need to be yarded in the spring.

In Australia many Connemaras are used as pony club mounts and for adult pleasure riding – a pleasure to ride they certainly are – but they have also shone in harness, in the hunting field and as stock and pack ponies. I know of some quite small Connemaras who have carried stockmen over the mountains all day and arrived back still cheerful – jumping logs on the way home. I know of a Connemara/Thoroughbred cross who was one of the few horses to complete the Melbourne to Canberra Federation Ride; without missing a day and with the same rider, the horse arrived in Canberra glossy and fighting fit. I know of a two year old filly taken in the Melbourne St Patrick's Day parade who walked through the city crowds, listened to the

bands and gazed at the passing trams as though she did it every day. I know of a pony who, after a city parade, was ridden back to East Melbourne and taken down the long passage of a terrace house into the family room to join her owners. I know of ponies who have been capable and kindly mounts for their families, teaching everyone to ride from the five year old to Grandma.

I know many more Connemara stories but then I have been breeding them for ten years and have come to realise they are genuine family ponies. One of the most heart-warming things about them is that they become very devoted to their owners – in fact you are owned by a Connemara, not the other way round. If you want a thoroughly reliable, hard-working friend do consider the Connemara pony.

For more information contact The Secretary, Connemara Pony Breeders Society of Australasia, 'Eulong', Cavendish 3408.



Connemara mare with her 2 month old filly foal. Mothering qualities are paramount in this breed, the quiet gentle nature enabling easy handling and producing a trusting, placid foal.

AERIAL SPRAYING

by Loi Lamberg, Kutarere, Bay of Plenty, NZ.

New Zealand is promoted world-wide as 'Green and Clean', 'Nuclear Free' and a clean environment to live in. This would be very true of 30 or so years ago, but now Aotearoa is most certainly the 'Land of the Long White Cloud (Shroud)'.

Several decades ago when horticulture in our country was coming to the fore, prices for kiwi fruit and other popular fruits were booming and it was 'all go'. The bugs and nasties boomed also and sprays were developed to combat these pests. Now the chemical sprays have become so toxic that a great many thinking New Zealanders are very worried indeed. It is a common sight to see a spray gang dressed up like space men spraying the orchards and children walking on the other side of the fence without protection. Aerial spraying of herbicides by helicopters is also common throughout New Zealand. The manufacturers of agricultural chemicals promote their products as harmless and people who question them are labelled as extremist. Nevertheless many New Zealanders are suffering from the effects of these unwanted blasts of herbicide and other sprays. The effects on the sufferers and their families can be quite catastrophic, as I know to my cost.

I was one of those people who, several years ago, was exposed to the toxic sprays in the Te Puke-Te Puna area of Tauranga, Bay of Plenty, NZ. At the time we were unaware of the dangers of these sprays and did not take any precautions by wearing protective clothing and masks. The makers of these substances said they were safe so, as far as we were concerned, safe they were. . . we certainly learned the hard way.

Gradually I suffered severe headaches which came on over a period of about five days, getting worse daily, till about the fifth day the nose would bleed and there would be vomiting and stomach pains. These symptoms would recur every few weeks and the depression and despair which finally overcame me was unbearable. On top of all this I was continually being reinfected by drift from spray operations on the nearby farms and orchards. This drift was known to travel for many miles. All the comfort I received from the medical people was 'It will take about five years to get it out of the system'.

We decided to move away from the orchard area of Tauranga to the relatively clean area of the Eastern Bay of Plenty. We purchased a property of 4.9 hectares (12 ac) of bush which we are developing into a bird sanctuary with total organic garden; our poultry are raised and fed organically and our sheep are organically drenched and fed. The property is surrounded on three sides by a beautiful harbour and beyond that is the Pacific Ocean. We were safe enough here we thought – but how wrong you can be!

About four weeks ago, early in the morning we heard the sound of a helicopter close by and without warning he flew over our house, vegetable garden and the paddock

where my in-lamb ewes were grazing and our property, stock and ourselves got the full benefit of 2-4D spray which was meant for the neighbouring farm. In the commotion which followed three of my sheep died, the entire vegetable garden died and many of our new roses and shrubs either died or were damaged. Worst of all my mother, who has an eye condition and is having specialist treatment, was so severely affected that at one time we feared for her life. The medication for the eyes reacted to the 2-4D chemical spray, causing her mouth and tongue and throat to swell, so of course the medication was discontinued, causing her to be without treatment for three vital weeks. I, unfortunately, have been reinfected and all the old symptoms have come back to trouble me..

One would say we would have a valid case for compensation but as the law stands in New Zealand our legal advice is, and I quote, 'Unless the items which have been destroyed are of substantial value it would not be economically viable for you to proceed with a court hearing'!

Four weeks down the track and where do we find ourselves? Dead garden, dead sheep, both of us with our health impaired and the fear that the herbicide spraying will be done again next year. But where do we go to escape this type of poisonous pollution?



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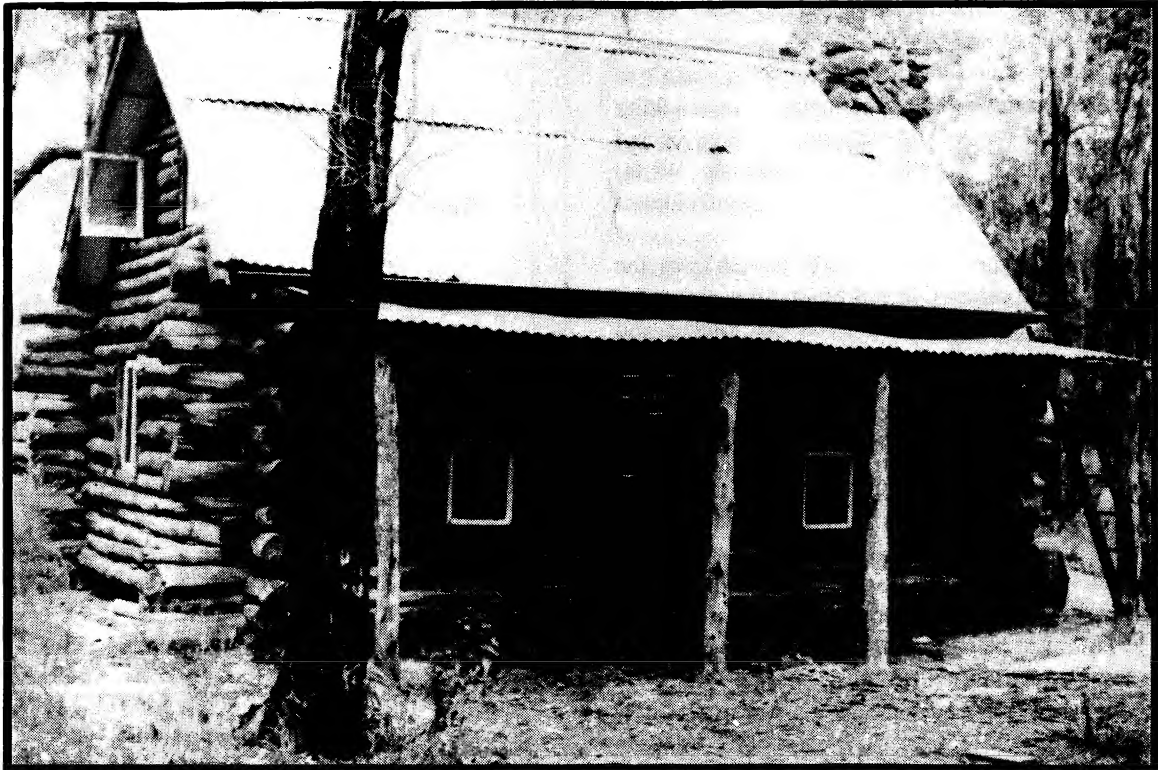
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A Simple Log Cabin

by Bob and Tracey, Barwon Heads, Vic.



After reading in Feedback, GR 71, of a couple wanting info on log cabin building I decided to write and share our experiences.

After purchasing our 20 acres in the beautiful Otway Ranges, we decided to put up something that wouldn't take long to build or exhaust our monetary resources. My partner unearthed a book stored at his mum's place, which became the basis of a plan – *How to Build and Furnish a Log Cabin* by W Ben Hunt. It is still available (maybe around \$12.00), an American/Canadian style book but still extremely useful.

So one weekend, after having cleared a track and site and erected a tent, we felled a few trees – messmate (*Eucalyptus obliqua*). We continued for about another 3 more weekends to fell trees and laid them out to dry before deciding to de-bark them. That was our first mistake – I can still hear the slow drawl of the nearby farmer ringing in my ears, as he came over one day to see how we were going. 'Ha, ha, you're sure going to do it the hard way, aren't you?...the day you chop 'em down's the day you de-bark em!' The horrible log that I had been stubbornly chipping away at with jemmy bar for yonks (cursing the march flies, heat, dogs, Bob and anything in sight) suddenly seemed conquerable. I could finish this one and then ask Bob to fell a tree and try out the farmer's advice. At least it put off the daunting task of de-barking the others still lying there.

Eventually came a weekend when we had 30 de-barked logs lined up. (We expected to use 40, but needed 60.) With

heaps of advice from friends, Bob got the site pegged out, 6 x 4 m (20 x 13 ft), and foundations dug out. Next day we laid the first logs on the foundations. Our method of laying the logs followed the 'common joint method' i.e. notching out the bottom of the log to be placed, so that it fits over the log underneath it with little gap between the two, as shown in diagram.

All three walls and the two $\frac{1}{2}$ m (18 in) back walls beside the stone fireplace gradually grew, with the help of keen, strong friends on many weekends. When the going got tough and the walls were reaching 2 m (6 ft) high a small block and tackle came into use. The biggest dilemma that created concern and produced varied suggestions from friends for weeks was how to lift the roof load-bearing log (not sure of the technical name for this log – maybe the ridgepole), to be positioned one end in a hole near the top of the already constructed chimney, and the other end on top of a 5 m (16 ft) vertical log. The problem was solved with a cable and winch set up between 2 trees and the pole was hoisted up.

When it became near impossible to get inside the walls (to get the feel) for an 8 month pregnant woman, a doorway seemed the next step. Bob sliced through the logs at the measured spot, leaving 3 logs on top and 1 underneath for doorstep, and there I had my 'piece de resistance'. Windows were cut out by the same method and as such a log cabin was forming. Eight rafters of smaller logs were positioned

each side of the roof load-bearing log, masonite on top of rafter and then the tin roof.

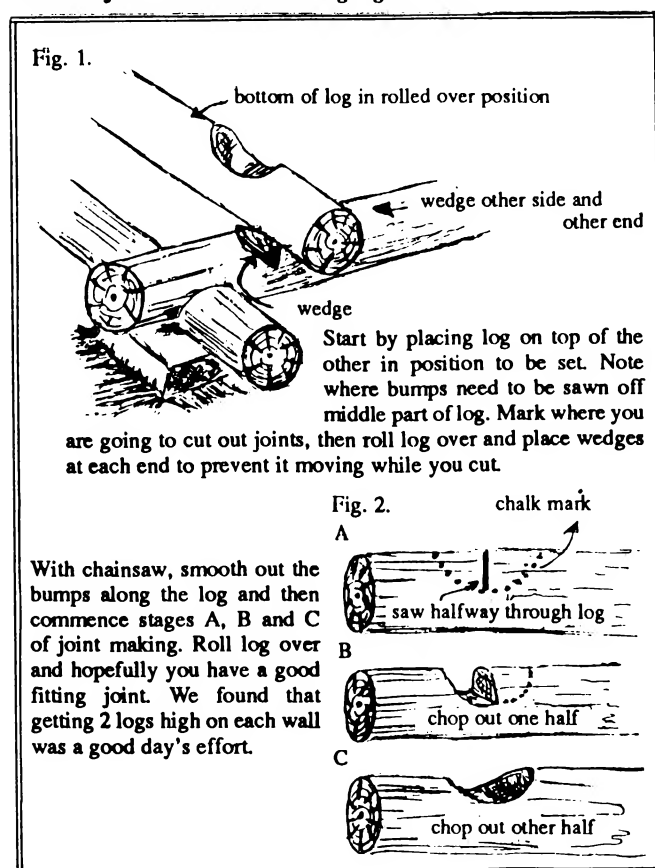
As we hadn't let the logs season for very long, we knew that they would still be shrinking, so decided to mortar (shink) in the gaps with cement. Already shrinkage has occurred, so if we had used mud, we would probably be continually shinking. We firstly filled the gaps with small saplings or a bit larger and chicken wire, which wasn't as successful as the saplings. The best method for shinking was having someone on the outside and someone in and just slap it into the gaps. A trowel wasn't any use. We let it set for a time and then went over it with rags and cleaned up the logs.

With baby Barney on the scene, we moved from the shack to staying in the cabin. Our loft bedroom is above the kitchen and Barney's room looks over the lounge and fireplace. Our final stage before we moved down here permanently was the slate floor, which we obtained from an old slate mine in central Victoria that took a few ute trips.

With just a few bits and pieces to do, and the extension underway for new kitchen and laundry/shower (to be built from logs but split and vertical) here is our advice to anyone thinking of building a log cabin. Realise before you start that it is extremely heavy work. Lifting the logs up for wall construction requires 2 strong men, sometimes more. The logs if felled too far to be carried to site have to be dragged – we used the ute. Providing you have enough tall, fairly straight timber (the straighter the less gaps you get) it is cheap and fairly quick. Our cabin cost about \$500, the cement, nails and sand being the main expense. (15 cm/6 in nails were used to nail the logs together at the corners where the joints are.)

The aesthetic quality is important. People have commented that they feel as though they have stumbled across

Common joint method of notching logs.



a 100 year old cabin. It blends in with the environment. The trees we felled the logs from are regenerating and bushing up around the stumps. The effect is the same as after a bushfire – the messmate has a survival mechanism under the soil.



You can see clearly the 'common joint method' we used for laying the logs – more detail is in the diagram. It became necessary to use a small block and tackle to lift logs when the walls reached 2 m and a cable and winch to raise the central load bearing log along the roofline. Even with the aid of these 'helps' constructing a log cabin is extremely heavy work.



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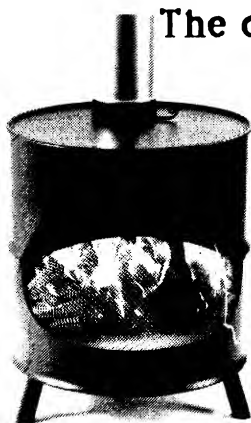
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Some suggestions follow:

- We did not treat our logs with anything and have left them 'au naturel'.
- We used logs with a diameter of roughly 20-25 cm (8-10 in) – 13 logs on top of each other gave us 2.4 m (8 ft) high walls. We used a very high pitched roof to accommodate the loft.
- Once you start you will find uses for all the off-cuts or rejects. We used a forked log with small log rails as our ladder to the loft. Our outdoor furniture of chairs, stools, tables, plant stands are log based. The uses are limitless.
- Buy or otherwise acquire for yourself a good book – even if they are foreign based the method will be the same.
- Buy a good chainsaw. It will be your best friend. Ours only had to have the chain and bar replaced once.

As a postscript, let me tell you what happened when the local building inspector and other council officials paid us an unexpected visit. They were very impressed with the standard of our work, admired the chimney and praised our split log extension of kitchen, laundry and shower. In fact, they said we'd done such a good job that we could easily apply for permanent residence if we made a few alterations. We opted for the other alternative – to put in a request for temporary residence and renew it every six months. Other owner builders in the area have had the same response from the Winchelsea shire – encouragement and willingness to work alongside the builders with as little interference as possible. It makes a pleasant change from some of the horror stories you hear about council attitudes.

Fifteen months down the track, from humble beginnings to our 6 x 4 m (20 x 13 ft) 'castle' cabin we are now embarking on the necessities of life, some sort of self-sufficiency: we have 2 goats, 2 pigs, some chooks and 2 dogs and are preparing for a vegie plot and garden. We feel sure that if you're contemplating building your own log cabin, you will be as well satisfied as we are with ours.



BAITING SNAILS



If snails are a problem and you feel you must use a proprietary bait then here is a safe method. Cut a flap in the side of a large plastic bottle, place bait in it and leave flap up enough for the snails to enter. Birds and pets are not at risk from the poison, nor is it contaminating the soil.

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I read your mag regularly, and find it most interesting and informative, but upon reading your advice to P Riseham (GR 72) I felt urged to write. Yes, it is a bit hard to advise a person without specific details, but contrary to this it is also a bit far fetched to believe that a pet shop proprietor would be more help than a veterinarian.

I have kept and bred parrots for quite a while now and learnt what I know through books, vets and first hand experience. Of the pet shops that I visited in the beginning of my hobby I learnt nothing from them other than that they look upon the animals they sell as a product for sale and in most cases have not even bothered to find out what they should be feeding them.

It is sad to say but 15 years or so ago people who owned pet shops were actually animal lovers. Nowadays it is looked upon as just a business and you buy either the pet shop or the newsagent, whichever has the best figures.

Research into avian diseases has come a long way in the last five years, and Australia actually leads the way in research on psittacine beak and feather syndrome (French moult), which is being carried out at Murdoch Uni in WA.

In noticing an increase in interest in aviculture, some veterinarians are even specialising in just birds, even so most veterinarians have a basic knowledge of avian problems and if unable to conclusively diagnose the problem can give you a broad spectrum tetracycline that most disorders will respond to. Some avian vets that I know of are: Dr Cooper in Sydney. Ph: 02-654-1448; Dr Gallagher in Brisbane. Ph: 07-265-5953.

I suggest you advise writers to join avian clubs, as they can have very informative material in their journals.

**Steve Jones
KEDRON 4031.**

We appreciate your comments and your preparedness to share them with us all. You are right in many instances that pet shops are owned by business people with little interest in or knowledge of pets, but equally there are many shops run by experts in this field, and it would be unfair to condemn them all as 'sharks'. It pays to shop around or ask locals for the name of a reputable dealer. Those people buying or keeping popular pets, for example budgies, have more chance of locating a helpful pet shop than those with exotic and unusual species. Unfortunately I for one, and I'm sure many others, do not share your faith in veterinarians. Many appear to be specialising these days and are not able to offer a comprehensive service in all livestock areas. This is the case with poultry – there are few around with more than a basic knowledge. Our advice to owners of birds and animals is to seek veterinary aid where applicable, to buy the best health/diseases book you can afford so you are familiar with symptoms and treatments, and to talk with as many breeders as you can. That way you can make an informed decision about your livestock needs.

We'd really like some information for the uninitiated about how to deal with broody chooks, i.e. how do you know if they will stay sitting? Can you move them? Should they sit still for 3 weeks or get up and eat and scratch?

**Jeanette
CANBERRA 2601.**

You know you have a broody hen when she remains on the nest overnight and fluffs out her feathers, growls at the back of her throat and makes wild pecking motions when approached or disturbed. When off the nest the bird will be loath to move, but when she does her feathers will be fluffed up and she will make a regular clucking sound. Not all hens will go broody. Those from the light breeds (Leghorns, Anconas) and the commercial hybrids, all prolific layers, tend not to display broodiness, whereas the old fashioned dual purpose breeds (Australorps, Barred Rocks, Rhode island Reds) and the table breeds (Indian Game, Light Sussex) are very inclined to go broody. This natural instinct is strongest from spring through to late summer and can be encouraged by leaving clutches of eggs undisturbed in nests. To successfully breed your own chicks, you will need to provide a nest out of the reach of other hens for the broody if she hasn't already chosen a private site. Other hens should not have access to this nest or the eggs will be of differing ages and thus different stages of incubation. Nor should two hens share a nest, as they constantly steal each other's eggs, which then invariably become chilled.

Having set up a nest in a coop, large box or quiet shed – best placed on dirt, slightly moulded out with dried grass clippings, straw or the like – place several hard-boiled or dummy eggs in it and move the broody at dusk. Many will lose interest after this enforced move so those still sitting four days later can be regarded as serious. Remove the dummy eggs and replace with fresh ones that have been properly stored prior to setting. Eggs stored in a refrigerator cannot be used. Hens should be dusted with a safe insecticide and their nest sprinkled lightly. Scaly leg if present should also be treated – brush on a thick application of sump oil mixed with a few drops of kero. Broody hens do best if they are regularly handled. They will be less frightened and hopefully less aggressive with you once the chicks have hatched. It is also important that hens don't foul their nest and contaminate the eggs. Carefully lift the hen off the eggs checking that no eggs are caught under the wings. Do this around the same time each day, ensuring she has access to dry food, water and dirt for dust bathing. Twenty minutes is sufficient time to be off the nest. If the nest site is one she has chosen she will return without any trouble but if chosen by you she will not have learnt her way back to it so will need gently herding back each day, or until she acknowledges the new nest site. Don't panic if the eggs are uncovered for 30 minutes or even more, their combined heat will keep them warm for a considerable period. Eggs can begin hatching from the 19th day though most generally hatch on the 21st. The oldest eggs take a little longer than those laid just prior to broodiness.



Winter Favourites in the Garden



The colder winter months are usually a quiet time for gardeners and present the ideal opportunity for sending for and reading seed catalogues. The enthusiasm generated from looking at their colourful pages will excite even the most prosaic into making copious lists and plans for the months ahead. There are many new and unusual varieties of seed available both for the flower and vegie garden and some of these interspersed with old favourites make for an interesting as well as productive garden.

Some areas of Australia are so cold and wet at this time of year that unless one has a greenhouse gardening comes to a standstill. For most though, the winter growing season presents a challenge that can be handled successfully with the right varieties planted out at the right time. This issue we've collected together some of the commonly grown winter vegetables with an array of varieties that should suit most areas. And if you want to get a start with germination check back to issue No. 68 page 37 where a reader described her method for early seed raising.

CABBAGE

This is one vegetable that has increased its popularity as a salad green, though you still can't beat a serve of lightly sautéed cabbage sprinkled with almond slivers. The group are gross feeders so dig in compost and manure well before transplanting seedlings.

Original Novum, a green Savoy is one variety for small families. It's quick maturing with a low, compact head, sown June-Feb, and available from Broersens. Specialty Seeds' *Red Drumhead* have solid, dark red, round heads and are excellent for pickling or specialty cooking. An old favourite of many is *Sugarloaf* with its sweet flavour and large conical head. A variety that can be winter sown as seed is available from Phoenix Seeds. Kings Seeds' *Quintal D'Alsace* is a European variety popular for making sauerkraut. When transplanting seedlings leave plenty of room for the full head development. Obtain seed now for spring sowing.

BEETROOT

Beets are a vegetable that can be sown anytime in mild climates but those in cold areas will have to wait until spring to sow their favourites. Germination is increased if you soak seed for 12 hours then sow 2-3 cm ($\frac{3}{4}$ -1 in) deep in rows 30 cm (12 in) apart.

One unusual variety is the *Red-White* (*Beta vulgaris* var *crassa*) from Kings Seeds, a sweet tasting round beet with red skin outside and concentric rings of red and white flesh inside. Grow like ordinary beet but use at 6 cm ($\frac{2}{5}$ in) stage. Specialty Seeds list *Rapid Red* as being suitable for all year round sowing and *Melbourne*, an early spring sowing variety that is slow to bolt to seed. A quick growing variety is Thompson and Morgan's *Baby Spinel*. An excellent variety for freezing it is round, virtually fibreless and rarely grows above 4 cm ($1\frac{1}{2}$ in) in diameter. Finally, a spring sowing variety that is suitable for bunching is Broersens' deep red

Egyptian, which is distinguished by its flattened globe shape with rounded shoulders.

BROAD BEANS

These are always a welcome addition to the table as they come into season at a time when other vegetables are often scarce. Most keen gardeners will already have their favourite variety in however if you reside in a cold frosty area it's better to wait till the end of July before sowing to minimise frost damage to flowers later on.

Dwarf varieties have become popular in recent years – the plants are shorter so don't require support and take up less room. Phoenix Seeds have a variety – *Dwarf Prolific* – that is suitable for windy areas and is hardy and a heavy cropper. Yates' *Coles Dwarf* is another short variety.

ONIONS

Onions – and there are countless varieties – can be grown all year round but for now gardeners will be concentrating on main crop varieties that are winter sown and slow growing. In cool areas late varieties may be sown spring through to early summer. The winter months are ideal for sowing red and brown varieties, so we will concentrate on these.

A new variety from Broersens, *Blood Red*, produces medium sized flat round bulbs. An excellent keeper, sow seed June-July. *Red Torpedo* from Thompson and Morgan is a long clean variety that is ideal for slicing for salads and the like. Another for June-July sowing, it is early maturing but has a short storage life. *Purplette* is a red skinned mini-onion from Kings Seeds that turns pastel pink when cooked. Versatile in its uses, it is planted in early spring for summer use.

Brown onion varieties include the *Australian Brown Spanish* (sow June-July) and *Pukekohe Long Keeper* (June-August) from Broersens, both known for their keeping qualities and creamy white flesh. Phoenix Seeds have *Creamgold Long Keeper*, another good storer which can be sown from June through to September, and Specialty Seeds have *Brown*, also with excellent keeping quality and which can be sown through to September.

Suppliers

Thompson and Morgan, PO Box 50, Jannali 2226.
Broersens Seeds and Bulbs, 365-367 Monbulk Road, Silvan 3795.
Kings Seeds, PO Box 14, Gembrook.
Phoenix Seeds, PO Box 9, Stanley 7331.
Specialty Seeds, PO Box 34, Hawksburn 3142.



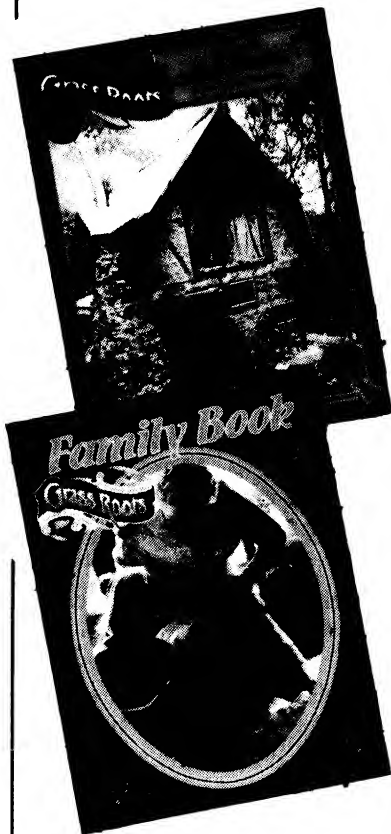
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Planting for Fire Protection

Part II

Last issue we looked at how a low fire risk garden should be organised, how to manage native bushland to reduce flammability and ways of using wind breaks for maximum protection.

For those living in the country or near bushland who want to establish a garden that gives maximum protection, there are a number of factors to bear in mind. Few plants or trees are guaranteed to retard a fire so siting, ground clearance and general maintenance are equally as important as the species you plant. Don't overlook the role of an adequate water supply either, as many individual species become fire retardant because of the water content of their leaves. If the water supply is inadequate and they are allowed to dry out, especially on days when the humidity becomes low, they may drop their leaves and so the branches and twigs become dry. Natives, too, are capable of dropping their leaves as a survival mechanism unless roots can drink, and the very time this is likely to occur – on fire risk days – is when

you least need extra combustible material to clean up.

Plan your garden so trees are well spaced, keeping in mind that some species may later develop very full canopies. Best protection is gained by planting trees and shrubs well separated from each other or else in clumps or units with reasonable distances between them. Resist planting in symmetrical rows as they can draw fire winds to the house and act as a fuse if canopies meet.

Vegetable gardens and orchards may also play an important role. Broad leaved varieties like pumpkins, melons and tomatoes, as well as sunflower crops have been found to be fire retardant, and well-watered and weeded orchards are successful for all but the most intense bushfires.

TREES AND SHRUBS

SPECIES		MAX. HEIGHT	MINIMUM ANNUAL RAINFALL	EVERGREEN/DECIDUOUS	GROWTH RATE	SUITABLE FOR HEDGE
(GROUP A - MOST SUITABLE)						
Atriplex sp.	Saltbush	2m	300mm	E	Fast	Yes
Brachychiton populneus	Kurrajong	12m	350mm	E	Slow	
Ceratonia siliqua	Carob	12m	400mm	E	Mod.	
Coprosma repens	New Zealand Mirror Bush	5m	600mm	E	Fast	Yes
Ficus macrophylla	Moreton Bay Fig	20m	650mm	E	Fast	
Fraxinus sp.	Ash	5-15m	400-600mm	D	Fast	
Ligustrum sp.	Privet	2-5m	600mm	E	Fast	Yes
Melia azedarach	White Cedar	10m	450mm	D	Fast	
Myoporum sp.	e.g. Boobialla	5m	500mm	E	Fast	Yes
Photinia serrulata	Photinia, chinese hawthorn	6m	550mm	E	Fast	Yes
Platanus orientalis	Plane	20m	400mm	D	Fast	
Populus sp.	Poplar	15-30m	500mm+	D	Fast	
Quercus sp.	Oak	10-20m	550mm+	D	Mod.	
Schinus molle	Pepper tree	8m	350mm	E	Fast	
Tilia vulgaris	Linden	12m	900mm	D	Fast	
Tristania sp.	e.g. Brush Box	8m	600mm	E	Fast	
Ulmus sp.	Elm	10-25m	550mm+	D	Mod.	
	Fruit and nut trees					
(GROUP B - SUITABLE)						
Aesculus hippocastanum	Horse Chestnut	12m	700mm	D	Mod.	
Agonis juniperina	Juniper myrtle	6m	500mm	E	Fast	
Angophora costata	Gum myrtle	20m	650mm	E	Fast	
Calodendron capense	Cape chestnut	12m	600mm	E	Slow	
Celtis occidentalis	Hackberry	15m	450mm	D	Mod.	
Cercis siliquastrum	Judas tree	8m	500mm	D	Mod.	
Cinnamomum camphora	Camphor laurel	12m	500mm	E	Fast	
Cornus capitata	Evergreen dogwood	12m	800mm	E	Fast	
Corynocarpus laevigatus	New Zealand laurel	10m	650mm	E	Fast	
Eugenia smithii	Lilly Pilly	8m	650mm	E	Fast	Yes
Griselinia littoralis	New Zealand Broadleaf	8m	650mm	E	Fast	Yes
Hakea sp.	Hakea	2-5m	400mm+	E	Fast	Yes
Heterodendrum oleifolium	Cattlebush	6m	300mm	E	Mod.	Yes
Ilex aquifolium	Holly	15m	650mm	E	Mod.	Yes
Laurus nobilis	Laurel	10m	650mm	E	Fast	Yes
Magnolia grandiflora	Magnolia	25m	650mm	E	Mod.	
Metrosideros excelsa	New Zealand Christmas Tree	7m	550mm	E	Mod.	
Pittosporum sp.	eg. Sweet Pittosporum	12m	500mm	E	Fast	Yes
Salix sp.	Willow	5-15m	650mm	D	Fast	
Sorbus aucuparia	Rowan	6-12m	650mm	D	Fast	

GROUND COVER

GROUP A - VERY SUCCULENT	GROUP B - SEMI-SUCCULENT
<p>Arcotheca calendula Carpobrotus sp. Delosperma 'alba' Drosanthemum hispidum Gazania sp. Lampranthus sp. Portulacaria sp. Pelargonium sp. Rhagodia sp. Sedum sp.</p>	<p>Ajuga Atriplex sp. Coprosma kirkii Hedera sp. (self-clinging varieties) Helianthemum sp. (sunrose) Kennedia sp. Kochia sp. Myoporum sp. Rosmarinus officinalis prostratus Santolina sp. Verbena peruviana Vinca sp.</p>

In her book on bushfires, Joan Webster states that the degree of fire retardance of a tree or shrub depends on:-

- low cellulose (fibre) content
- integrity of bark (non-peeling)
- smoothness of bark
- moisture retention properties of leaves and twigs (sappiness)
- the breadth of the leaf
- fire retardant minerals in leaves
- lack of waxes, oils and resins
- young age of plant
- lack of dead leaves and twigs on plant

Finally the age of trees and plants is also critical. Plants dry

out as they age despite the fact that they may appear young and green, so they are more prone to burning. Part of regular garden maintenance should involve the felling or removal of aged plants as well as cleaning up low branches and removing ground litter.

Further Reading

The Complete Australian Bushfire Book by Joan Webster is a must for all people living in bushland or rural areas. Much of the information in this article comes from this book. It is an invaluable reference for all aspects of fire control.

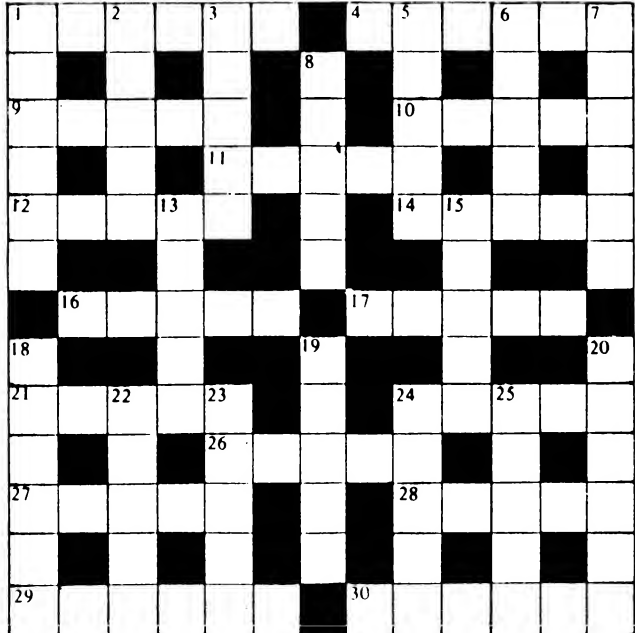
Design and Siting Guidelines: Bushfire Protection for Rural Homes presents ideas on siting, design and landscaping rural properties to maximise protection from bushfire, Available from PO Box 2240T, GPO, Melbourne, 3000. The lists in this article are reproduced from this booklet.

CRYPTIC GRASSWORD

by M. Riley, Newborough, Vic.

- Across
1. Shot through for a beer (6).
 4. Heads in handkerchiefs (6).
 9. Maple provides sufficient (5).
 10. Warning arm on AI (5).
 11. Invoice for the church (5).
 12. Is allowed on small island (5).
 14. Noble heading for cover (5).
 16. They come in short pants (5).
 17. High stakes in Europe (5).
 21. Stable amount (5).
 24. Disappears in flight on landing (5).
 26. Key component of tooth (5).
 27. A way to love (5).
 28. Change Sir, to produce disturbances (5).
 29. She met reformed subjects (6).
 30. Change is open to views (6).

- Down
1. Country nut (6).
 2. Leper rose to drive back (5).
 3. Build upright (5).
 5. Deck suit (5).
 6. Precise demand (5).
 7. Saw off spring before fall (6).
 8. Large drink (5).
 13. Another lease for artist's equipment (5).
 15. Water let within (5).
 18. A smell rising (6).
 19. Reserves kept in case (5).



20. Flowers of the ball (6).
22. Another adobe dwelling (5).
23. Lie gently over vassal (5).
24. Popsy mixture sweetener (5).
25. Seed found at foot (5).

Solution on page 58

Poetry

THOUGHTS

*Life is great out here in the country,
Isolation and peace is the key.
Space for the soul to wander,
A place for the mind to be free.
A sky that's as blue as the ocean,
No pollution or smog to be seen;
Nature returns your sense of smell,
Quiet lets your hearing get keen.
But what is there here for the children
As the teenage years come along?
A high school that's 80 km down the road,
A milk bar with a young teenage throng,
Damp beer gardens full of tables and people,
A drive-in on a Saturday night,
No support groups at all for the teen years —
Sometimes the country, for kids, is not right.
I know that the city is crazy
But I'm afraid that it's only too clear
More support, more jobs and more people
Means more chances there than out here.*

Jill Thompson.

THE DUCK SHOOTERS

*With the sights
Of their rifles
They circle the dawn
As if it was a target.
Wearing army surplus
And overt masculinity
They wait, hidden
Among the shrubs and wetlands,
Till the horizon splinters open
In an avalanche of shots.*

Jules L Koch.

VACANT HOUSE

*Vacant house
forgotten clock forgotten
clock
wound down.
Wait for my next tenants,
hollow to them
when they come
to occupy my volume
with their space,
probing my interior,
words and footsteps
and their eyes . . .
in all probability
they'll bring radios and television.*

*Cars along the road outside.
Trains travel the valley.
I stand on the foundations
of former houses and feel them.
I am a shape
being arranged by centuries.*

*Swallows back from far away
made mud huts under eaves,
twittered and sang.*

*Vacant house
forgotten clock forgotten
clock
wound down.*

B A Pascoe.

SPINNING

*Sitting
Preparing the fleece
For the spinning
Part of the fabric of life
Working with hands
And natural fibres
Great satisfaction
And feelings of warmth
Nature so soft
So alluring
So gentle
Giving
A great deal of depth
Enhancing well-being
Through sensing the oneness
Of nature and soul
Force entwined
Spinning and moving
The twisting and feeding
Rhythm and music
Of life.*

Pam Skilton.

FOREST BIRTH

*Small round beads
miracle enclosed.*

*Soft damp earth
catalyst to life.*

*Fragile greenness
breaks the perfect brown.*

*Life giving warmth
Majestic gum begins.
Megan Jenkins.*

THE MOMENT (2)

*Pollen drenched and scent sticky
spring coil of green gold softness
easily floating out from one dawn
into evening light
passing the day
like a star that's lost
its night.*

*The sharp rent leaf world
has a stone-gentle edge
and amongst the season's
litter bed cold toes discover
one chosen iris flower
bent.*

*Fern frond and feather light
the deep hearts of trees
stir to worship
as the sun splays through
from stained-glass window height.*

*A drop collects along uncurling green
and spills
life into
life.*

Margaret Curtis.

LINES FROM A HILLFARM (Wales)

*contemplative cruel and tender
something the mountain surrenders*

*uniform fourlegged
maggot shaped sheep
infest hedge and fleecy grassed field*

*caterpillar hedges
undertake enclosure
crawl over country*

*sun blood congeals on birchen gold
harvest patterns
chequer stained glass cold*

*contained between waves
a pod of hills breaches the valley
spuming trees*

*in uncounted downs and ups
teapot spout that pours out
milk sweetened cups.*

B A Pascoe.

OMO-OH-SO-GOOD (on the island)

*In this air is there always a fullness
Cherish this silence, strong as the forest green
Teeming through my window
Through this air runs my sight rampant
Stromping the offing's clear so clear dimension
Captures the horizon's islands
Absorbs the blue's hues
Capitulates to that sun's glory
My how this air is full*

Thomas Thackery.

ROADSIDE PLANT LIGHTS

*Around a distant star, in the night sky,
There is a planet more advanced than ours.
Their transportation systems buzz along,
And private vehicles don't always require
Sets of headlights to guide them in darkness.
Bulbs from rods off posts aren't the form of
Illumination which provide needed vision.
Since a revolution took control of travel,
Roadside Plant Lights have been in position.
They give a variety of strange colours,
And these change as the morning nears.
Such plants hang over the new streets.
They loom, like possible obstacles to
Passing drivers, wary of an accident,
Yet when a party approaches,
They'll lift themselves up.*

Roland T Gardiner.

*Busy, bustling thoroughfare,
Lively, pulsing, stirring.
Dare I put a foot there,
Disturb the flow of trafficking.*

*Ants hurrying on unseen trails,
Bees drone in sound of summer,
Butterflies in random flight
Ride the currents to the grasses.
Spiders lurk in nests of leaves
To trap a careless wanderer.
Zip of blue fly, lizard basking,
Midges spiral, beetle lumbers.*

*Step aside, let only my shadow fall
On this other world's activities.*

Norah Paddle.

Kids Pages

Hi GR Kids,

Well, I survived the outdoor camp I mentioned last issue and although it rained it was heaps of fun. We left early Sunday morning and returned Wednesday afternoon and in that time we walked miles (with heavy packs on) and camped out each night in small tents. The tents were perfect for mucking around in of course. We squeezed three into our tent – I think it was only meant for two! My roommate Mel's tent collapsed in the middle of one night and they were soaked through. And it rained so much we thought our tents would be washed down the mountain. The bus must have been waterlogged on the way back, all our clothes were wet through and I had at least a ton of mud on my shoes.

We had over two weeks holiday at Easter – it was so nice being at home. I always sleep in for the first few days because I'm so tired and just sit around. After that I helped Megg in the office, stayed at a friend's who has two gorgeous kids, spent a day with Sally and Gary who I went to school with, and then went to Melbourne for a few days – with more friends. I still haven't made the 'stained glass' picture for Megg – next holidays. They seem so far away. Fortunately there are lots of diversions coming up – a friend's 21st, my grandfather's 80th birthday, parent teacher night (yuk), a 60's social, and our boarding house dinner. Hope you've all got lots of reading or projects to do now that it's too wet and cold to be outside. Homework *again* – it's Japanese tonight!

love Suni.



Dear Suni,

I love reading your magazine and the best bit is your letter. We have a donkey at home called Daisy and some chooks and cows. When the chickens hatch out my sister Merry and I look after them. Merry is 5 years old and I am 8.

Jessie Day
Eitham 3095.

Dear Suni,

My name is Chris Woods and I am 10 years old. My parents always get your mag and I love the Kids Pages, especially your letter. I live on a dairy farm and we get up very early to milk the cows. They are Jersey cows and I have a pet one called Missy. Missy has a calf called Tess and she will eat out of my hand. Do you have any pet cows?

Chris Woods.

COOKS CORNER

PANCAKES

2 eggs
1/2 cup of wholemeal flour
1/2 cup of milk



Place flour in a bowl, break eggs into a saucer and then add to the flour. Stir until mixture is smooth and free of lumps, gradually adding the milk (more milk may be needed) to make a runny mixture. Heat frypan to a moderate heat and grease with butter. Spoon batter into pan. Turn with an egg lifter and cook other side. When cooked eat with any topping you like and enjoy!

BOOK REVIEW

The New Adventures of Alice in Rainforest Land, by Nadine Amadio. Hard cover, colour, 62 pages.

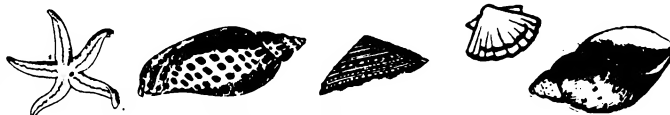
If you enjoyed Alice in Wonderland you are sure to like these new adventures of Alice, the White Rabbit and Cheshire Cat in Northern Australia. These plucky three find themselves, well actually they fall, right into the rainforest country where trees are tall and towering, ferns are lush and the birds and butterflies are richly coloured and very exotic. It is a rainforest where echidnas dream of being poets and dragons dream of looking handsome. But, as in all exciting books, problems arise and soon our friends learn that this beautiful land could change very easily. 'There are those that chop down trees' say the young trees sadly.

It wouldn't be fair to tell you what happens as it would ruin the excitement, but we can say that all the birds and insects and animals of the rainforest live happily ever after – and Alice, the White Rabbit and Cheshire Cat? No, you'll have to read it for yourself! Excellent for 10-13 year olds.

Published and distributed by Simon & Schuster, PO Box 151, Brookvale, 2100. RRP \$14.95.

DID YOU KNOW?

There was so little forest left in England in the 15th century that a forest was planted especially so the king could go hunting. It was called the New Forest and it is still there and known by that name today.



WHERE DO SHELLS COME FROM?

Sea shells are the discarded hard coverings that a number of sea animals have to protect themselves. Oysters, mussels, clams, scallops and even snails live in shells. Occasionally when you pick up a sea shell you may find it is still a 'house' to a living organism. Put these back where you find them or in shallow water so the tide can carry them back to sea. Shells that are empty have usually been eaten by other sea animals or by birds. Next time you're by the sea pick up some shells and see just how many different types you can find. What can you do with shells? Write and tell us some of your ideas for using sea shells.

What do zebras have that no other animals have?

Baby zebra!

What did the Irishman call his pet zebra?

Spots



MUSIC WITH A JINGLE

A jingle stick is easy to make and lots of fun, and can be put together from bits and pieces that are lying around your place. If you need help in using the saw or hammer don't forget to ask – there is no fun in having a cut or squashed finger.

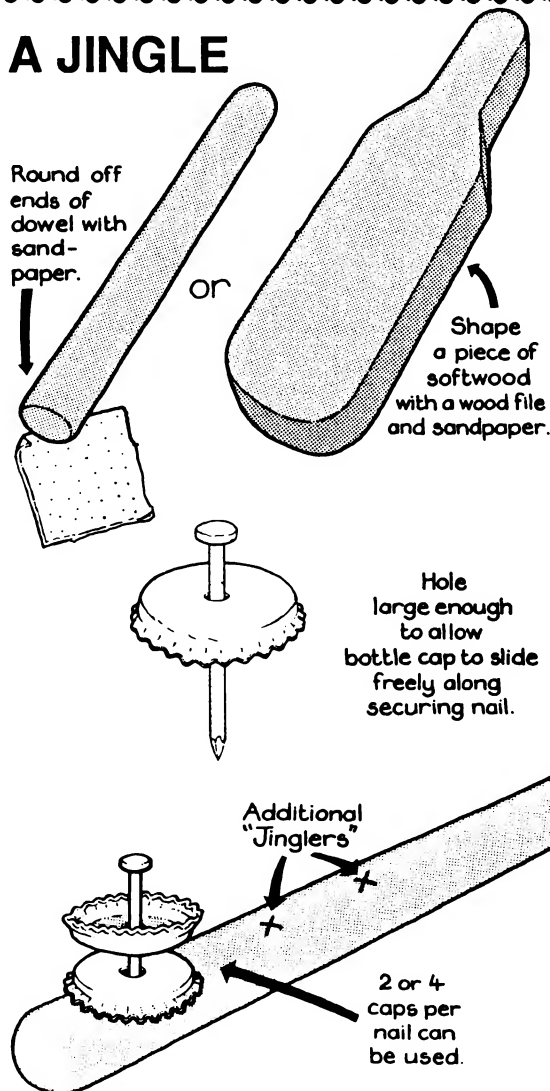
Materials:

- 12 metal bottle caps, the sort that come off large beer bottles
- 23 cm (9 in) length of dowel or broomstick
- 3 flat headed screws or nails
- large nail and hammer to make hole in bottle caps
- sandpaper

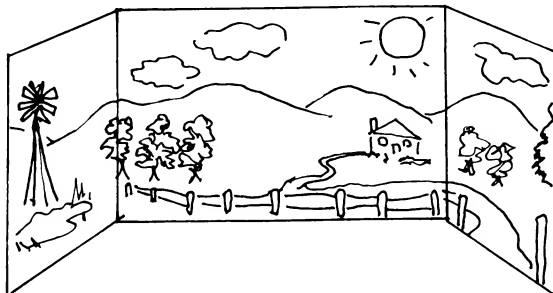
Instructions:

- Round off the ends of the dowel or broomstick with sandpaper. You may use a length of pine and shape it into a suitable handle if you don't have dowel. Use a metal file to shape the pine, then finish with sandpaper.
- Prise the cork or plastic disc from inside the bottle caps with a knife or screwdriver. It may help to soak bottlecaps in hot water first. Using a large nail, hammer a hole through the centre of each cap. It needs to be large enough to allow the cap to move up and down the fixed nail or screw.
- Fit four caps (two pairs) back to back on a nail or screw then hammer into the wood near one end. Repeat with the other caps, spacing them evenly along the wood. Don't forget to leave room for a handle.
- Shake your jingle stick like a baby's rattle for a jingling sound or bang against the palm of your hand to produce a tap and jingle beat.

From *Toys to Make* by Susan Esdaile and Angela Sanderson. Published by Curry O'Neil, Melbourne, 1984.



A SIMPLE DIORAMA



This project is great for holiday time, when two or three friends can work on it together or when you may have younger brothers and sisters that you have to look after for a few hours.

Materials:

- large rectangular cardboard box
- old magazines
- scissors, pencil, clag
- collage materials if desired

Method:

- Cut off the cardboard pieces that make up the top and bottom of the box and then cut out one side. Decide whether you want to take off one of the larger or smaller sides.
- Decide upon a theme. You may choose one about farm life, ships at sea, on the beach, in the jungle or whatever your imagination (and the pictures in the magazines) can create. You may decide upon a single picture or a sequence of events, like a film or comic strip.
- Lightly mark in the various parts of your picture so you know the size of the illustrations you are looking for and where to put them. It is easier if you start on the left hand side and work your story around. Use plenty of clag so the magazine cut-outs sit flat.

You can add extra interest to your picture by using such materials as cotton wool for clouds, flattish grasses and leaves for trees and the like, matchsticks for fence posts, cut out fabric of different textures and colours, and so on.

While the Billy Boils.....

As I write this the rain is pouring down on already sodden paddocks. The children all wore their gumboots to school today and will no doubt happily paddle through puddles on the way home. There is an urgent need to harvest the vegies from my waterlogged garden and as my laundry floor is becoming overcrowded (no room for wet clothing!) I have been looking for recipes to use up the stores of winter fruits and vegetables. Here are some of my favourites from our files.

ARTICHOKE SOUP

- 500 g (1 lb) Jerusalem artichokes
- 1 onion
- 1 small carrot
- 4 sticks celery
- 3 tbsp butter
- 3 tbsp flour
- 4 cups milk
- bay leaf
- 1 tbsp chopped parsley

Scrub artichokes and carrot and grate. Finely chop onion and celery. Now, melt butter in large saucepan, gradually add flour and blend to a smooth paste. Slowly pour in milk, stirring until smooth. Cook until it thickens then add vegies and herbs. Cover and simmer gently until artichoke is tender, approximately 20-30 minutes.



VEGETABLE SOUP

- 2 med potatoes
- 6 small carrots
- 1 large onion
- 1 large turnip
- 1 parsnip
- 1 swede
- 2 tbsp butter
- 3³/₄ cups water
- 2 tbsp flour
- 2¹/₂ cups milk
- chopped parsley

Clean and prepare vegetables and chop finely. Melt butter in a large pot and lightly cook vegetables for a few minutes. Add water and parsley, bring to boil and simmer until vegetables are tender. Mix flour to a smooth paste with a little water and add to vegetables. Cook until it thickens a little, then put through sieve or blender and return to pot. Add milk, bring gently to boil and serve with sprinkle of chopped parsley on top.

PUMPKIN PATTIES

- 2 cups cooked pumpkin, mashed
- 1 small finely chopped onion
- 1/2 cup wholemeal flour
- 1 beaten egg
- 1 tsp chopped parsley
- 1 tbsp olive oil

Combine all ingredients and form into flat cakes. Heat oil in frypan and cook patties, turning occasionally until brown on both sides.

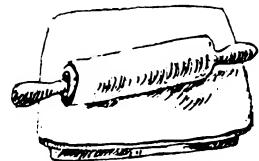
VEGETABLES AU GRATIN

An easy way to use up a variety of surplus vegetables is to cut them into attractive small pieces, lightly steam, then cover with a cheese sauce and bake in a moderate oven. You can sprinkle with breadcrumbs and/or chopped nuts, parsley and melted butter for a special touch.

APPLE DUMPLINGS

Pastry:

- 60 g (2 oz) plain flour
- 60 g (2 oz) S/R flour
- 60 g (2 oz) butter
- pinch salt
- water to mix



Filling:

- 4 granny smith apples
- 1/4 cup brown sugar
- grated rind of 1 lemon
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- milk to glaze



Preheat oven to 200°C (400°F). Rub butter into sifted flour. Add water and mix to soft dough. Divide into four and roll out into four small circles. Peel and core apples. Mix sugar, rind and spices together. Place each apple on a pastry circle and pat pastry up around the apple leaving a hole at the top. Fill the apples with the filling and seal pastry over. Place on greased tray, brush with milk and bake for 30 minutes.

Carol Biggs, Sale.

CARROT STEAMED PUDDING

- 1 cup grated carrot
- juice and grated rind of 1 lemon
- 1¹/₂ cups wholemeal breadcrumbs
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp allspice
- 4 eggs
- 1/4 cup brown sugar
- 125 g (4 oz) butter, melted

Combine grated carrot, lemon rind, breadcrumbs and spices. Thoroughly beat eggs, then add sugar, melted butter and lemon juice. Beat till light and fluffy, then gently stir into carrot and breadcrumbs. Place mixture in a greased basin, cover and steam for 1¹/₂ hours. Serve hot with custard, cream or icecream.

Jenny Cooper, Mordialloc.

Natural Unleavened Bread

by Rob Smith, Ascot, Qld.

Unleavened loaves have no added rising agent (e.g. natural yeast/sourdough, added yeast, eggs or baking powder) present to create air within the dough before or during baking and make the loaf 'light', and therefore the texture is more dense than with standard bread recipes. The bran in natural wholegrain/seed flour absorbs water and retains it, thus the inside of the loaf dries out very little during baking, making the loaf moist. Unleavened loaves do rise slightly (10-15 percent) due to internal expansion caused by this water becoming steam during baking.

TYPES OF FLOUR

Loaves made from grains other than wheat cannot be compared to wheat. Each grain is unique – enjoy the loaf it makes for its own special flavour and texture.

Texture

Some flours contain gluten – the protein that makes dough elastic and helps it to hold the rise – and some do not. Of the grains containing gluten, wheat, barley, triticale and rye have a medium texture while oats is soft; sorghum is soft and gritty, millet too is gritty. Rye, oats, sorghum and buckwheat form a sticky dough and a heavy loaf.

You will find that most non-gluten flours have a gritty texture and are those not ground from grains. Both corn and rice are hard and dry, chickpea is moist and soybean flour soft. Corn and rice form a stiff dough resulting in a solid loaf. Corn/rice flour dough can be used very successfully in a flat style – very nice steamed (cook rice in a medium oven 210-215°C/415°F). Buckwheat produces a soft flour which if made from groats is less gritty than that produced from whole seeds.

Of the few flours not made from seeds or grains, potato and arrowroot are dry and generally soft in texture, while sago sometimes has a gritty texture. Potato and arrowroot have no body and are unsuitable for use on their own. They can be used for thickeners as in sauces, and arrowroot can be used to thicken stewed fruit for tarts. Potato flour can also be used in some cakes.

Flavour

Make the most of the distinctive flavours available to create your own special style of bread. Keep these in mind:

- Plain sago is tasteless. It forms a jelly and is usually eaten as a pudding or it can be used as a thickener.
- Millet alone makes a very bitter loaf, oats slightly bitter.
- Bean flour is usually made from split beans minus the skin and therefore does not have the 'beany' taste. Soy and chickpea (besan) are the ones I prefer. Lentil and lima bean flour are also used. These flours can be used alone but are best blended with other flours. Some soy is bitter, mixing with other flours reduces this.
- Buckwheat alone is very strong and distinctive.
- Corn (at least 25 percent) gives a distinctive pleasant sweetish taste to some of the bland flours e.g. rice and corn.



Rob Smith and friends enjoying the finished product at a workshop in Brisbane. Rob's workshops are aimed at people who wish to gain more control over the food they eat and people with food intolerances who are looking for options within a restricted framework.

Corn alone makes a crumbly dough and loaf.

- Rice alone is very bland, it needs to be combined to create a palatable flavour e.g. rice and buckwheat.
- Oats in 50 percent proportion gives a distinctive 'muesli' flavour.

Some of the flours I use are:

buckwheat 1 cup, chickpea $\frac{3}{4}$ cup, potato 2 tbsp
buckwheat $1\frac{1}{2}$ cup, rice $1\frac{1}{2}$ cup
rice 2 cups, rye $\frac{1}{2}$ cup
oats $1\frac{1}{2}$ cup, corn $\frac{3}{4}$ cup, rice $\frac{3}{4}$ cup, soy $\frac{1}{4}$ cup
oats $1\frac{1}{2}$ cup, rice $\frac{3}{4}$ cup, buckwheat $\frac{1}{4}$ cup, soy $\frac{1}{4}$ cup

Variations can include other grain/bean/seed/nut combinations of your own choice. You could also try adding: some tamari or miso (these are fermented products that contain traces of yeast; kelp; $1\frac{1}{2}$ teaspoons honey/ $\frac{1}{2}$ cup sultanas. Experiment a little, vary the proportions and the combinations according to your taste and dietary requirements. Combining bean flours with grain flours can be done to form complementary proteins. The proportions vary with the different grains and beans. For a rough guide use one part bean flour to four or five parts of grain flour.

Note that a common way of making rye bread is to mix 20-50 percent rye flour with wheat flour and use the sourdough method. This uses the property of the gluten in the wheat to rise the rye (a low gluten grain) into a high, dryish, firm loaf with the distinctive rye flavour. Check the label – some commercial loaves may contain wheat.

MAKING THE BREAD

Basic Recipe

- 2 cups fresh whole grain/seed/bean flour
- 1 cup water (approximately)
- oil and cracked grain/seed/bran or flour

Stir the flour and water together into a stiff mixture with a spoon – do not make a batter. You may knead the dough briefly, then let it stand for 5 minutes to allow water to be fully absorbed. Add more water only if the dough is very dry. Oil the baking tin lightly and sprinkle a layer of finely cracked grain/bran/flour over the bottom. Spoon the dough into the tin and press firmly down and into the corners, or roll the dough into a cylinder the length of the tin and press down firmly. Bake in a hot oven (210°-220°C/425°F) –35-45 minutes for a small loaf, 45-50 minutes for a stubby (small high) loaf.

Take from the oven when baked, slide a knife between the loaf and the tin and invert – the loaf should drop out. Leaving a loaf in the tin while hot will result in sweating. If the bottom of the loaf has stuck to the tin allow it to sweat for five minutes, then invert and tap the bottom of the tin. Cool on a rack and store wrapped in a cotton cloth in a cool dry place or in a sealed container in the refrigerator. This recipe makes approximately a 500 g (1 lb) loaf.

Combination Recipe

The previous method can be improved by using a mixture of cracked grain/seed/bean/nuts and fine flour. This method will result in a lighter texture. The proportion of coarse to fine flour can vary from roughly 5:1 to equal quantities

depending on the texture you want. Here's one possible combination.

- 2 cups cracked rice
- 1½ cup fine buckwheat flour
- ¾ cup water

Stir all ingredients together into a stiff mixture with a spoon and let stand for 6-8 hours. Oil the baking tin, spoon the dough into the tin and press down firmly, making sure it is well pressed into the corners. Bake in a hot oven (210°-220°C/425°F) for 35-45 minutes for a flat loaf, 45-50 minutes stubby loaf. This recipe works best when cooked as a stubby loaf (small high loaf).

Standing times vary for different grains/seeds – buckwheat 1 hour, rice/corn 4-12 hours. If you are on a yeast-free diet, put the grain in the bottom of the fridge to prevent fermentation while standing.

Soft grains are highly suited to this method e.g. 100 percent rye, 100 percent oats groats, 100 percent rolled oats, 100 percent hulled buckwheat (a very strong distinctive taste – better mixed with rice). Some good combinations are: 2/3 rice and 1/3 rye; 1/2 rice and 1/2 buckwheat; 1/4 wheat, 1/2 oats, 1/4 triticale.

Hints for Successful Bread Baking

It is essential to line the tin with oil, but not necessarily with cracked grain/bran/flour, though if the dough is too wet it will probably stick to the bottom of the tin without.

The crust can become very hard and dry and may crack. To remedy this:

- Make a lid. The simplest lid is a sheet of aluminium foil stretched over the top of the tin. Poke a number of holes in the lid. In the baking some of the water you used to make the dough becomes steam and rises, some goes through the holes but enough is trapped under the lid to keep the crust moist. Too many holes and the crust will be dry, too few and it will be soggy. It's a case of experimenting until you get it to your taste as it varies with each tin/oven/flour combination.

- Reduce the oven temperature to between 160°-200°C (325°-400°F) and cook a little longer. This results in a milder flavoured loaf.

If you have a grain mill it gives you versatility to vary the grind and therefore the texture and taste. My experience is also that better results can be obtained by mixing the different grains/seeds/beans before grinding where possible rather than mix the flours already ground. The difference is more pronounced when using mixed flours to make sourdough loaves. A small quantity of oil seeds may be mixed in the grain and ground through a stone mill, but be very careful – too much oil seed and you will damage your stones. It's better to use a burr mill or blender for oil seeds.

Rob conducts workshops in Brisbane for people who wish to regain control of their lifestyle. The emphasis is on preparing fresh natural foods including a variety of grains and healthy alternatives to standard foods. For more information contact Rob Smith, 2/15 Onslow Street, Ascot 4007. Ph: 07-268-4783.



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Potting Up Plants

by John Mason, Mooroolbark, Vic.

Plants are usually potted into different containers for one or more of the following reasons :

- They are getting too big for the pot they are in and need more room to grow.
- You want them to grow at a faster rate to produce a larger plant in less time.
- You want the plant in a different container – something which looks better or is more functional.
- You need to root prune the plant, to promote the development of new healthy feeder roots, or to remove diseased roots.
- You want to put the plant into a better soil.

THE CONTAINER

With due attention to type and size of container, time and place, repotting should be a straightforward operation. There are several factors to consider when selecting a suitable container for your plant. To avoid frequent repotting, make sure it is a durable material. Metal can corrode, wood can rot. Is it porous i.e. does the water soak through the sides, like in unglazed clay pots, or is it sealed like in plastic pots? Consider the number and size of drainage holes at the bottom – potting mix can wash out of large holes, but small

holes do not allow adequate drainage. Finally, make sure that the pot is big enough to comfortably contain the plant and allow for some future growth.

POTTING PROCEDURE

For small to medium containers, tip upside down and shake; if this does not work, tap ridge of pot on the edge of a wheelbarrow or top of a wall. Large pots may need to be cut away from the plant. If the plant is pot bound, first immerse in water and soak thoroughly. In any case, the root ball should be moist when removed from the pot.

Shrubs and trees can be potted at most times of the year, but be aware there will be some shock, and a recovery period afterwards. Potting can cause flower bud drop, so if you want flowers wait till after flowering before you move the plant to its new pot. If you pot in summer, the plant may suffer some stress and need to be watched for a while afterwards, or you may be better to wait till after warm weather. Put plants into a cool protected position for at least a few weeks after potting.

Further Hints

- Pot up in a sheltered place to avoid drying.
- Pot in a clean shed or on washed concrete to minimise disease problems.
- Potting on a very hot day may overstress plants.

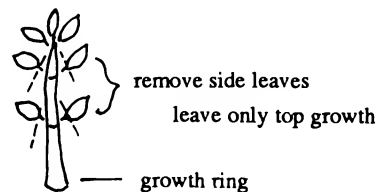
Growing Plants From Slips

by C. van der Lelie, Toogoolawah, Qld.

For those readers who are starting out on the land and are short of finance here is a method of growing your own shrubs and fruit trees without going to the expense of buying grafted plants. I have tried some grafted trees and found that most of the new growth comes from suckers on the rootstock and not from the tree itself. Some time ago I mentioned the sucker problem to some New Zealand friends and they were surprised that we use grafted trees and shrubs, as where they live all fruit trees are grown from 'slips'.

With this method I usually have a success rate of about 75 percent or more. Take some soil from the garden, preferably not fertilised for the last 12 months and with a good humus content. Use a pot with a 10 or 15 cm (4-6 in) open top. This should hold about 3 to 4 slips. Make sure the soil is moist, not wet. If possible obtain from your local garden centre a 'cutting powder' which helps promote new roots. You will also need a plastic grocery bag from your supermarket and some fencing wire to make a hoop.

First gently press the moist soil into the pot and have it ready for the slips. Cut a 10 to 15 cm (4-6 in) slip from the new growth on the shrub, if possible with a heel of last year's wood. After-cutting your slips, remove all side leaves leaving only the top growth. Do not damage the bark on the slips by pulling off the side leaves. Cut the slips off just below one of the growth rings.



Dampen end of slip, dip into the cutting powder and shake off excess. With a stick or your finger make a hole in the moist soil so that $\frac{3}{4}$ of the slip is in the soil. After insertion gently press soil around the slip to exclude all air. Use a small amount of water on the slips to settle the soil and allow to drain. Next make a hoop with the fencing wire, and stand it in the pot. Insert pot into the plastic shopping bag, twist the top and close off with a clothes peg. This forms a protective environment – a sort of miniature greenhouse. Leave the plant enclosed until it has 'struck' and is producing vigorous new growth, checking occasionally to make sure that it does not develop problems such as excessive dampness and mould, or lack of space to grow.

I have used this method successfully for roses, carnations, lemons, privets, lavender and hibiscus.

A Handy Wood Carrier

by Jocelyn McKay, Windsor, Vic.

Years ago I came across an idea in a book for making a wood carrier, and I remember thinking 'What a good idea!' No more dirty jumper fronts, and no more carrying spider invested old bags around the kindling or small wood. Although it is a few years since making it, the carrier is still going strong and still doing an honest day's work.

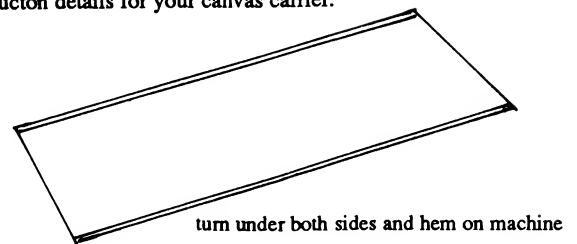
MAKING THE CARRIER

You will need:

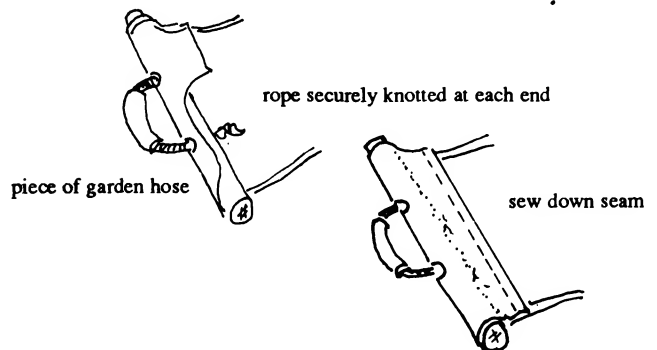
- piece of new canvas – width will be determined by the length of the wood you want to carry, plus extra for hemming and the length long enough to reach from the floor to the bottom of the breastbone of the user;
- 2 strong lengths of wood a little longer than the hemmed canvas –we made 2 pieces from an old shovel handle;
- 2 x 37 cm (15 in) lengths of rope about 1 cm (1/2 in) diameter;
- 2 lengths of garden hose 12 cm (4 3/4 in) by 2 cm (3/4 in).

Hem the long sides of the canvas on the machine. Mark midpoint on the length of wood then drill holes 7.5 cm (3 in) on either side of it. The holes should be large enough for the rope to go through. Place one length of wood across the end of the canvas. Fold the canvas over so there is sufficient room for it to hold the wood snugly. Mark, then machine down. Thread wood through into place. Punch holes in the canvas where the holes are. Tie an overhand knot in one end of a piece of rope. Thread the other end

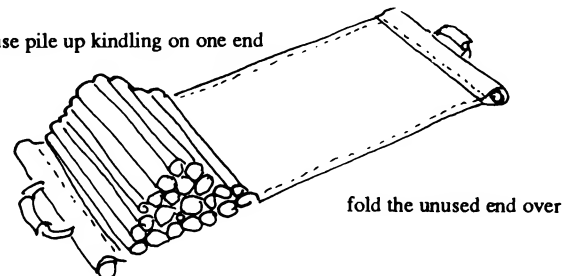
Construction details for your canvas carrier.



drill holes wide enough to allow rope to pass through

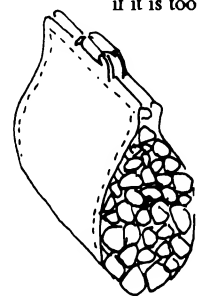
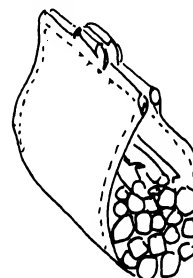


to use pile up kindling on one end



pick up, shake once or twice to settle load

you can fill out the load
if it is too light



through one of the holes in the wood, then through the pieces of garden hose and back to the other hole in the wood. Knot firmly. Repeat for other end.

USING YOUR CARRIER

Open the carrier out on the ground, pile kindling or small logs on one half of the canvas then fold the unused end over the wood. Grasp both handles together and pick up load. Move wood around – a couple of sharp shakes is all that is needed – so it is settled. Back home you go to the woodshed, spider and splinter free.

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MAKING CONCRETE FENCE POSTS

PART II

With heightened awareness of bushfire dangers and a concern for keeping your precious stock secure, you may be considering the advantages of concrete for your future fencing needs. Last issue outlined the steps required in construction and erection of concrete fence posts.

The strength and durability of concrete make it an ideal material for the construction of strainer, gate and corner posts. With small variations required by their size, weight and function, the techniques for making them are similar to those used for line posts, as already described in GR 72.

STRAINING POSTS

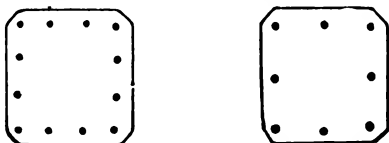
Straining posts are of course moulded in the same way as the small posts, but in a larger frame or mould. They should be placed at suitable intervals in the line of fencing, and it is essential that some provision should be made for 'struts' or braces for relieving some of the strain on the post. One method of making a niche for taking up the strut or brace is to place a block of the proper size and shape in the mould when the post is being moulded. Such an indent should not as a rule be more than 25 mm (1 in) deep.

The braces or struts, which may be 75 x 75 mm (3 x 3 in) or 75 x 50 mm (3 x 2 in) are made of reinforced concrete like the posts. The upper end of each strut however must be shaped to fit the mortise or indent in the straining post. When fixed in the ground, the lower end of the strut should abut against the earth plate, which is usually made about 380 mm (15 in) square and 50 mm (2 in) thick, reinforced with expanded metal or a meshwork of rods placed near the underside. In some cases, instead of an earth plate being employed, a mass of concrete is run round the end of the brace. When this practice is resorted to, no strain should be placed on the straining posts until the earthplate has had sufficient time to set and harden.

CORNER POSTS AND GATE POSTS

Concrete posts at the ends or corners of fence lines are subjected to great strains. They must resist practically all of the pull exerted by tightening the line wires in the fence; therefore it is necessary that they be made larger and stronger than line posts. They must also contain a correspondingly increased amount of reinforcement (see diagram 1). The same applies to gate posts, because they must bear the load of gates hung on them, in addition to the strain or pull of fence wires stretched from them. Sometimes it is necessary to provide concrete bases or footings to keep end, corner and gate posts in proper position. On account of the increased size and weight of such posts, it is usually found most convenient to build them in place. They may however be made at some central point and hauled into place after they have thoroughly hardened.

Diag. 1. Reinforcement for corner and gate posts.



In many cases end or corner posts with braces are cast solid, that is, post and brace all in one piece. Braces also should be properly reinforced. The brace should be placed in line with the fence so that it will bear against the post at a point not more than two-thirds of the distance from ground level to the top of the post. Corner posts require bracing against the pulling forces from two directions along the fence line.

PROPORTIONS

The concrete for corner, end and gate posts is mixed in the same proportions and in the same manner as recommended for line posts in GR 72. The concrete should be of a 'quaky' consistency and well spaded along the forms. Forms should be made of not less than 25 mm (1 in) material with braces close enough together so that the boards will not bulge with the weight of the concrete or the pressure caused by spading. The boards should be planed on the side in contact with the concrete, and should fit together tightly so that none of the mortar can escape. Triangular or half-rounded strips placed in the corners of the forms improve the appearance of the post.

Probably the most convenient method of constructing these and other heavy posts is to excavate carefully to a depth of not less than 1 m (3 ft) so the earth may serve for forms. A post hole digger gives a cleanly excavated hole for this purpose. The hole is then filled with concrete to ground level, taking care to insert the proper reinforcing rods so that they will extend from the top of the post to a point at least 600 mm (2 ft) below ground level. Forms for the post can then be placed directly over the fill already made, and the filling completed. If braces are cast with the post, the rods reinforcing them should extend well into the main post.

When making end posts, corner posts and gate posts in place during cool weather, special care should be taken that the concrete is protected from any possibility of freezing. Fencing should not be fastened to such posts until they have had at least 21 days to harden under favourable conditions. In warm weather the forms should be left in place for several days after placing the concrete, to prevent concrete from drying out. Then when forms are removed the post should be covered with wet hessian or canvas, and both concrete and protective covering be sprinkled several times daily so that there will be a proper amount of moisture always present to assist the concrete to harden under favourable conditions.

Provision must be made when building corner or gate posts to properly imbed the bolts and fittings necessary to attach the wires or to receive the gate hinges. This can be arranged by setting a pipe sleeve in the forms when placing

the concrete, and then passing through this pipe the bolt for attachment of wires or hanger that is to receive the eye of the gate hinge, the hanger being threaded on the end passed through the pipe so a nut can be applied. Another way is to place through the forms greased rods which are pulled out several hours after concrete is deposited, leaving holes for bolts. The rods should be a little larger than the bolts that will be inserted, so that the latter will pass through readily.

Concrete gate and corner posts may be made quite attractive by giving a little thought to the planning of forms of construction. Quantities of materials required for various sized posts are given in the table below.

Information supplied by the Cement and Concrete Association of Australia, 147 Walker Street, North Sydney 2060, a non-profit organisation sponsored by the cement industry to provide information on the many uses of cement and concrete.

QUANTITIES OF MATERIALS FOR CONCRETE LINE POSTS.

DIMENSIONS OF POST.			Weight of post, pounds.	Amount of reinforcement in each post.	MATERIALS For 10 Posts.		
Length.	Top.	Bottom.			1 Cement:	1½ Sand:	3 Metal or Gravel:
					Paper bags, 94lbs.	Cub. ft. Sand.	Cub. ft.* Metal or Gravel.
7' 0"	3" x 4"	5" x 4"	110	Four ¼" Round or Square Rods	2½	3¾	6¾
7' 6"	3" x 4"	5" x 4"	120		2¾	3½	7½
8' 0"	3" x 4"	5" x 4"	130		2½	3¾	7½
7' 0"	4" x 4"	6" x 4"	140		2¾	4½	8½
7' 6"	4" x 4"	6" x 4"	150		3	4½	9
8' 0"	4" x 4"	6" x 4"	160		3½	4¾	9¾

QUANTITIES OF MATERIALS FOR GATE AND CORNER POSTS.

DIMENSIONS		Approximate weight of posts in pounds.	Amount of reinforcement in each post.	MATERIALS For 10 Posts.		
				1 Cement:	1½ Sand:	3 Metal or Gravel:
Length.	Size.			Paper Bags.	Cub. ft. Sand.	Cub. ft. Metal or Gravel.
8' 0"	8" x 8"	510	Four ½" Round Rods	10	15	30
8' 6"	8" x 8"	550		10.6	16	32
9' 0"	8" x 8"	580		11	17	33¾
8' 0"	10" x 10"	800		16.5	23½	47
8' 6"	10" x 10"	850		17	25	50
9' 0"	10" x 10"	900		17.5	26½	53
8' 0"	12" x 12"	1150		22.5	33¾	67½
8' 6"	12" x 12"	1230		25	36	72
9' 0"	12" x 12"	1300		28	38	76

PORTABLE SOLAR GENERATOR

Development in the solar energy field has gone ahead in leaps and bounds, and solar really is now 'the energy of the 80's'. Manufacturers are continually producing new items and equipment for everyday use by consumers. One such item is a new portable solar generator which can provide energy for lighting, radio/cassettes, low voltage TVs, videos – in fact most battery operated items.

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generator is available through American Express and through Amtex Electronics, Fairfield, NSW.

The Victorian Solar Energy Council is proud of new developments such as this and is continually encouraging industry to expand and adopt new solar technology. The Council provides information and funds research to industry, the trade and general public about the practicality and efficiency of solar power.

Further information may be obtained from the Solar Council, 10th Floor, 270 Flinders Street, Melbourne 3000. Ph: 03-654-4533.

DIRTY BOOKS?

To remove grease, rub with soft, white breadcrumbs whilst for mildew, dust with absorbent powder, leave two days, brush off.

KEEPING ANIMALS IS AN ENTERTAINMENT HAZARD

by Pauline Ranscombe, Newrybar, NSW.

Animals, like children, are guaranteed to show you up at the worst possible time, namely, when you have visitors. I suppose that I have subconsciously realised this over the years, but I'm still not quite sure if that is the reason for our lack of visitors these days.

Take the other week for instance. It was my turn to have the writing class chez nous, so with an unexpectedly warm winter day sending sunlight filtering through the jacaranda and dappling the lawn enticingly, I looked forward to a stimulating day. It was far too good a day to be spent claustrophobically indoors and I suggested that we hold the class outside. Maybe that was a mistake. The grass, I figured, was reasonably well cut since we could still see the duck when it sat down (that being our criterion for wasting time on such unproductive activity like lawn mowing). Since everyone agreed, we were soon seated in a circle and ready to begin.

As we sat listening to each other's work, with the only interruptions at first being the piercing cries of the noisy minahs and magpies, one of the ladies suddenly let out a scream, which is not what you would call a regular feature of the class. I followed her horrified gaze, but all I could see was the dog, his tail waving happily, wandering past and sucking thoughtfully on half a desiccated rat.

'What's he got?' asked Nancy, aghast. I was startled by her reaction but failed to recognise her concern.

'A rat I think', I replied casually.

'Is it dead?' asked Nancy, suspiciously.

A quick glance at the soggy remnant of fur flapping around in the dog's jaws was enough to confirm that it was as dead as a dodo; probably met its demise about when they became extinct by the look of it. I calmed Nancy down with an assurance that it no longer posed a threat to life or limb, but I don't think that she believed me because her gaze kept darting hypnotically back to the dog, who had now settled himself comfortably in the shade by the class; companionable creatures, dogs. He was there for a good half hour chewing on this tasty morsel with relish, and at least he was quiet. It's not as if there were any of those nasty crunching, grinding noises; it was after all only a bit of fur.

With this diversion over, the class resumed although at that point, judging from the outraged squawks coming from behind me, I'd say that there was a fair bit of rape and pillage going on among our free-range chooks. The occasional startled glances from the group more or less confirmed my suspicions that the rooster was 'at it' in front of everyone; still they all enjoy my egg sandwiches every week.

It was rather unfortunate that when it was Nancy's turn to read (more like a conspiracy really) the peace and tranquillity of our country setting was shattered by three of

the noisiest trucks that I have ever heard going by on the road. But there you go, the local cattle sales were on that day. After the trucks had gone past, and a tractor which was in need of a new muffler, Nancy once again attempted to read her literary creation.

It was about then that the rooster, who had obviously done his duty for the time being, happened to meander through the group on his way down to the chook shed. No problems here until he realised that his retinue of favourite wives and besotted duck with an identity crisis was not following him. Naturally enough, he started ~~crowing~~ ~~for~~ them at the top of his voice (nothing wrong with his lungs I might add). Having gathered his tribe he then shut up and peace reigned as he sauntered casually through us, until the duck started quacking fretfully because she was a bit jealous at not being included in the previous rape and pillage – she is so confused, bless her.

Her confusion started when one of her sisters drowned in their old bath tub which is a placebo pond. The plank that was in there for a staircase had fallen down and she was unable to get out (although I've often suspected suicide), and then the fox made off with her other two sisters one night and she's never been the same since. Duckie, as we call her, has tried hanging out with the dogs and barking when they do; this can be particularly devastating at 2.23 a.m; she makes overtures to the rooster who dodged the bullet by hiding behind her on slaughter day; and she has even nestled up to the budgie's cage when all else has failed.

I have to admit though that she is very fair with her egg distribution. One morning it will be for us, lying on the doormat outside the back door; the next day the dogs will find it beside their kennel and once she thoughtfully laid it in the middle of the cow bail. This, no doubt, was in return for the use of their old bath tub of drinking water which she fouls up regularly so that it resembles a foetid pool in some malarial infested jungle, while her own bath retains the crystal clarity of an alpine spring. Mind you, the cows only ever got the one egg; I think Duckie got the hump when one of the calves leapt fair and square in the middle of her back as it tried to escape being locked up for the night. She limped for weeks afterwards; she still does so pathetically from time to time in an attempt to lure more bread from us.

However, back to the day in question, I sat back to listen to Nancy's enjoyable story, most of which I heard except when the goat, tethered because she figured that a five strand electric fence was no deterrent, started bleating stridently and piteously. Having hastily assured the accusing class that she was not strangling and that it was her own fault that she was tied up, we resumed our lessons and finally got to hear Nancy's tale.

At the end of the day as I escorted my visitors out, I debated whether to warn them about the six foot brown snake that lurked up by the gate, but decided not to. Again, it's only visitors who have ever been lucky enough to spot it; we never have, and besides, I doubted that it would be out at that time of the year. Also, as I escorted them to the gate, I got a bit tired of explaining about the dead bodies that they all skirted around in the yard. They were only corpses of mice that lay scattered around (we were having a bit of a plague at the time). No, they had not been baited but caught in traps and given to the dogs who liked to suck on them until the flavour had gone. I should have thought it obvious that the cats were much too disdainful of such offerings; they prefer the rats and rabbits which they had surprisingly failed to bring in that day.

My visitors finally made it safely to their cars and as I waved them off, I thought that their cries of 'Thanks for having us', and 'It's been lovely', sounded a bit strained, but then all that concentration does take it out of you. Still, I thought that on the whole everything had gone off very well. There's only one thing that puzzles me. We never seem to have the class at my place any more. I wonder if it's because I forgot to get the serviettes out at lunchtime?

HOMEMADE WINTER REMEDIES

by Vicki Judd, Nunawading, Vic.

Garlic Cough Mixture

- 125 g (4 oz) washed garlic
- 3 cups water
- 1 cup honey
- 1 cup vinegar

Boil the garlic in the water until the liquid is reduced to half. Strain and add honey and vinegar. Simmer for 5 minutes, then cool. Bottle and cork. Take 1 teaspoonful when cough is troublesome.

Homemade Vapour Rub

Place 125 g (4 oz) petroleum jelly in a bowl and grate in 2 cakes of camphor. Add 2 teaspoons eucalyptus oil, mix thoroughly and place the mixture in a jar. Stand the jar in a saucepan of hot water over low heat to allow the mixture to settle. Remove from heat and seal. Keep airtight.

Influenza Preventative

To guard against flu and bronchitis, take a lump of sugar with 2 drops of oil of cinnamon every day.

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PENPALS

My interests are writing letters, cooking, reading, classical music and gardening. I am 18 years old and would love to write to a penpal.

Gayle Hardwick, Pedwell Rd, MOUNT MEE VIA DAYBORO 4521.

Hi! I am 12 years old and enjoy collecting stamps and stuffed toys. I also love animals.

Rebecca Raven, 'Yamma', RMB 687, WAGGA WAGGA 2650.

Hi! My name is Sally Rooks, I am 13, I would like to hear from a girl aged between 10 and 14. I like animals, swimming, diving, camping, travelling, gymnastics. I am horse crazy.

53 Reinhold Cres, CHERMSIDE 4032.

Help! We are a non-profit penpal organisation that provides a service aiming to promote friendship and understanding between all people. We have been flooded with penpal requests from Canadians of all ages. If you would like a list of possible penpals from Canada, just send 2 stamps with your age and details to:

Pen-Mates International, PO Box 67, WESTON 2326.

My name is Joanne Murgatroyd and I am eight years old. I would like to write to girls my age or a bit older. I enjoy music, Brownies, school, swimming, sports, watching *Neighbours* and making friends. I promise I will answer any letters I get.

44 Rippleton Rd, Cross Acres, Wythenshawe, MANCHESTER M22 7UW ENGLAND.

Hi! My name is Jessica Hughes, and I am 9 years old. I would like a female penpal between the ages of 8 and 10. My hobbies are horse riding, netball and reading. I will try to answer all letters.

2 Jeffrey St, LEONGATHA 3953.

I am 39 years old, married and with a 10 year old daughter. I love horses and would like to write to an Australian horse-lover.

Joy Walker, Woodbine Cottage, Gt Smeaton, Northallerton DL6 2EP YORKSHIRE, ENGLAND.

Hello, I am a 20 yr old student nurse who would like someone male or female, around the same age, to write to. My interests are crafts, self-sufficiency, world famine and doing fun, healthy, and challenging activities.

Jul'es Deacon, M/S 1542, MARYBOROUGH 4650.

Coo-ee. My name is Theresa Bennett, I am nearly 11 years old, and my hobbies are horse riding, camping, bushwalking, jazz ballet and craft. I will answer all letters. If anyone has written to me before and their letter was returned, please write again, there was a mix up with post boxes.

P O Box 3007, NORTH NOWRA 2541.

CLEANING RUBBISH BINS

Remove lingering odours by flushing bin with the hose then disinfect by pouring in a solution of washing soda or ammonia. Dry in the sun and ensure lid fits firmly.

CRYPTIC GRASSWORD *Continued from page 45*

B	A	R	R	E	L	+	C	H	I	E	F	S
R	+	E	+	R	+	S	+	E	+	X	+	U
A	M	P	L	E	+	T	+	A	L	A	R	M
Z	+	E	+	C	H	O	I	R	+	C	+	M
I	S	L	E	T	+	U	+	T	I	T	L	E
L	+	+	A	+	+	T	+	+	N	+	+	R
+	G	A	S	P	S	+	P	O	L	E	S	+
A	+	+	E	+	+	B	+	+	E	+	+	I
S	T	A	L	L	+	O	+	S	T	A	I	R
C	+	B	+	I	V	O	R	Y	+	C	+	I
E	L	O	P	E	+	K	+	R	I	O	T	S
N	+	D	+	G	+	S	+	U	+	R	+	E
T	H	E	M	E	S	+	O	P	I	N	E	S

HOW TO STORE FIREWOOD

If you have lived through a winter where you had to scrounge for fuel, you will have learnt the importance of a generous wood supply. You will also have realised it is a job to tackle well in advance so when wet and cold weather attack you can rely on at least several weeks of usable fuel. Wood gathered regularly should be stored in a protected site where it remains dry and ready for use. There are two kinds of firewood you will be storing – dry and green. With dry wood, the problem is to keep it from reabsorbing moisture; with green wood the problem is to dry it.

STORING DRY WOOD

Wood should be stored on a waterproof foundation; this can be concrete, brick, iron, or even wood that is not to be used. If possible, the foundation should be at least 10 cm (4 in) above the level of the ground. This will provide better air circulation and will prevent ground water from running under the pile and creating a wet atmosphere. Dry wood can be stacked fairly closely, but thought should be given to circulation of air – your best drying medium in the open.

A roof or cover must be provided. This can be as elaborate as an enclosed shelter or as simple as a tarp or plastic. Plastic sheeting is available in large sheets; be sure to use a moderately heavy plastic – the drop sheets painters use are too thin – so that the edges of the logs won't cut through it and make holes that will admit rain.

If you are doing this for the first time, secure the covering by tying it down or anchoring it firmly after you have pressed it as closely as possible to the woodpile. That nice, mild, sunny day you picked to cover the wood is very different from the winter gale in which the tarp blows off in the middle of the night – the last thing you need to wake up to is a saturated woodpile. Even a well-secured covering should be checked every so often to make sure the wind hasn't worked a corner loose.

STORING GREEN WOOD

Follow directions for dry wood, with one big difference: in stacking green wood it is necessary to create greater air circulation. Ideally, green wood should be stacked alternately, with each log at right angles to the log above it, to form squares. After it has been stacked this way for about three months, you can stack it in the normal fashion. If space is a problem, stack most of the wood in the usual way but put aside the wood you will need for the coming month and stack this alternately. It is really best to allow wood to season thoroughly before using, but this is not always possible.

If you are covering green wood, it should be covered in such a way that air can circulate in and around under the covering. On really hot sunny days, you may notice moisture condensing under the plastic. If this occurs, remove the plastic for an hour or so and replace it with the damp side out; otherwise the moisture will drip down onto the wood and be absorbed.

Bring wood inside. Keep as much wood on an enclosed



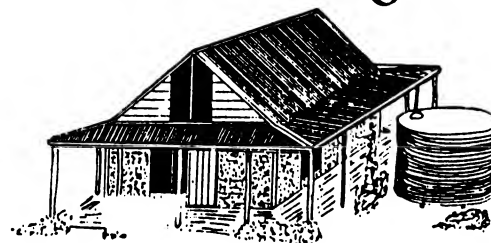
porch and as much beside – but not too near – the fire as possible. This will help to dry it out more than outdoor storage. Keep it away from the house wall, whether indoors or out. There is one big exception to home storage: if the wood is insect infested or decayed, bring it in at the last minute. It would be better not to use wood in that condition at all, but sometimes there is no choice. In any case, always use your wood in order of its age – older wood first – so that insects have as little time as possible to take up residence. Badly decayed wood is no good as fuel: you should examine wood you gather to make sure you aren't wasting time and energy dragging home a log that is good only for compost.

From *The Wood-burning Stove Book* by Gerri Harrington, published by Collier MacMillan, 1977. An excellent book covering all you need to know about heating and cooking on wood-burning stoves. Ask your library to track it down.

FOR SALE

Burning Wood – D. McGuigan, an English soft cover providing guidelines for burning wood efficiently, be it in a wood stove or multi-burning boiler, for heating, cooking or hot water. Limited numbers of this beginners' book available. \$3.00 posted, from Night Owl Publishers, PO Box 764, Shepparton 3630

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DEPRESSION - IDEAS TO HELP YOURSELF

by Heather Dent, Newbridge, NSW.

I've had plenty of time recently to think about how depression can cause such a problem to our lives and the lives of those around us. Many times this insidious complaint sneaks up on us and we are in the pits before we know it. Women it seems often have to come to grips with this more than men, or maybe we just show it more. I hope these suggestions from my own experience will help others who suffer from depression and those around them.

I never knew what it was until I had a miscarriage and I sure found out in a hurry then. That was 25 years ago and this problem has dogged my steps ever since. I'll be free for up to 5 or 6 years at a time and then it hits again, usually just when I thought it had gone for good.

Depression undermines our self esteem, takes away initiative and destroys our will to do anything. If nothing is done then we can also lose our will to live and in extreme cases consider suicide. People who have depression can be rather hard to put up with. They are often filled with self-pity, feel lonely and isolated and may appear to not want to help themselves. This alienates the sufferers in real terms from those who may be able to assist them. If we break a leg or get appendicitis our friends, family and neighbours rally around and assist, but if we get any kind of mental illness we are ostracised. This reaction from others only reinforces the altered thought processes that depressives have. They are already feeling unloved and unacceptable then when friends or relations behave in a rejecting manner, the negative thought processes are reinforced and the depression worsens.

I have found that depression can come on as a result of a large change like a miscarriage or some other major event in our lives. At these times there is usually some assistance and moral support as others can relate to what is happening to us. However, if we become depressed for some reason that is not so obvious then all support is withdrawn. We are then doubly isolated for we are isolated from within and from without. When depression is compounded by anxiety and panic attacks then the condition becomes very frightening for all concerned. Spouses and children find the 'odd' behaviour hard to cope with – they can't understand why the person they love has become so different and they can't understand the change that has happened to their loved one. If we go to a doctor he gives out anti-depressant drugs like they're going out of style and this is of course one way to treat this condition that works if the medication is taken very regularly. However, it doesn't work at helping us to deal with the underlying problems that are the cause. So I started looking for alternative ways to treat this malfunction from both physical and mental aspects. I found that if I took extra vitamin B every night it helped a great deal. By accident I also found that some of the common food additives could make depression worse. My children were hyperactive and had to have a special diet, so we all ate

that way and I found that my problem of chronic depression was greatly improved.

Then I read in a magazine that jogging helped depressed people. According to the article swimming, tennis or walking made little difference, but jogging brought about a marked improvement. Now I've tried to keep an open mind and although I didn't have much confidence I began to jog a little each day. It helped, so I keep doing it and as a bonus my figure is trimmer too – good for the self-image. Another source of help came from reading and becoming involved in self help areas. At the end of the article I've listed some of the books I found useful. Positive thinking and visualisation have played a big part in helping me to control the large mood swings that are a part of depression, especially when combined with meditation.

The other major factor is love and care from our families and friends, for if others act like we are lovable and acceptable then it helps us to feel loving towards ourselves, making recovery easier. The main object with depression is to raise the person's self esteem. Encourage them to do things, don't be afraid to say 'I love you.' Reassure the depressed person that you still care for them even through all the alienation and odd behaviour they are experiencing.

Learn to recognise the early signs, for to do this means that you at least have a chance to stop it before it gathers speed and becomes uncontrollable. Usually these early signs can be recognised after the first couple of times, and now most times I'm able to look at events and not allow myself to become upset out of proportion. Unfortunately, the early signs are not always the same for everyone. For me, I just notice that the 'colour' of my day changes slightly and as I'm usually an optimistic person I know that something has rocked the boat. At this point I try to sit down and go into meditation and get to my 'alpha' level. I can then ask myself what's wrong, I usually get an answer and I'm able to work through it OK. Before I knew about meditation techniques, I would just sit down and slowly go over the events in the last few days until I found what the cause was, though this wasn't as successful as the visualisation is.

I still occasionally get to a point that is difficult to cope with but it now takes a major trauma for that to happen. No longer am I at the mercy of wildly changing mood swings. Sometimes it's downright hard to maintain a positive attitude, but this is made a whole lot easier if we have the love and support of those around us. Understanding what we're going through makes a difference.

Recommended Reading

You Can Heal Your Life, by Louise Hay.

Handbook to Higher Consciousness, by Ken Keys Jr.

Creative Visualization, by Shakti Gaiwan.



FLEECE SELECTION FOR HANDSPINNERS

by Carol Gillham, East Geelong, Vic.

About four years ago when I first learnt to knit I was stunned at the incredible prices of commercial yarn. I like all the natural looking wools, so I thought that I should have a go at spinning as I have always admired handspun jumpers with their different textures and colour variation. So I bought a wheel, enrolled in a night-time spinning course and went out on a fleece hunt.

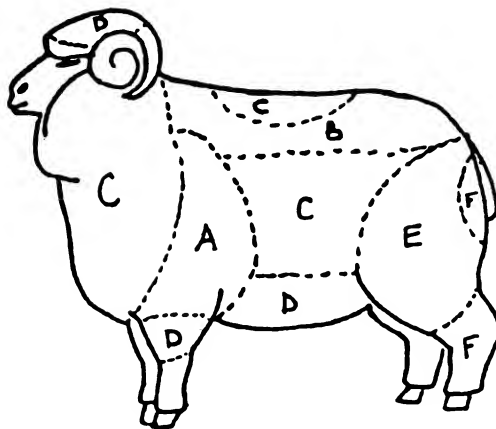
Unfortunately, I had no idea about fleece and what to choose. I searched the local paper for advertisements and was lucky enough at first to find a nice lady who bred her own coloured sheep for spinning and she sold me some lovely grey wool. My second attempt wasn't nearly so lucky, as I ended up with a couple of fleeces that I paid top dollar for that ended up at the tip. I have since learnt that your local wool buyer will buy all your unwanted fleece and combings from you. You won't make a fortune but it's better than nothing. It's also a good place to find fleece, especially white, and the attendants are generally very helpful.

Before you race out and buy your wool you must first consider the type of garment you wish to make, as not all breeds of sheep are suitable for all garments. For example, choose fine wools such as Merino or Polwarth for baby wear, soft wools such as Corriedale for ladies' knits and stronger wools like Romney Marsh or Border Leicester for durable working garments. Of course there are countless crossbreeds with wool suitable for just about anything. As you become more experienced you will be able to choose the type of wool you need to achieve different effects.

When you arrive at the farm, market or wherever the wool is, ask the farmer to 'throw it' (spread it out, like you do when putting a sheet on a bed) for you so that you can get a good look at the whole fleece. If this can't be done, don't buy it! Also, ask the farmer to skirt it (trim off all the untidy bits around the edges), if it hasn't already been done, as fleeces for handspinners have to be very well skirted or a lot of money is wasted on unspinnable wool.

The length of the staples or groups of fibres will need to be at least 10 cm (4 in) and the number of crimps per centimetre is a rough guide to how soft the wool is as well as the feel. Around 2 crimps per cm (5 per in) is about right for a lady's garment. Stronger wools often have a more pointy tip than the softer wools which have a more blunt tip. Rams' wool is often stronger (coarser) than ewes' or wethers' wool – and it smells stronger too. The wool should be clean and free of excessive dust, burrs and other grass seeds. If it's white wool make sure that it doesn't have any deep yellow, yolky looking colours in it as they don't always wash out. Excessive dirt can also stain the wool.

Parts of the Fleece



In order of quality

- | | |
|----------------------------|-----------------------------------|
| A – Shoulder | D – Arm, belly and topknot |
| B – Next best | E – Breech |
| C – Neck, back and brisket | F – Shank and dags (stained wool) |

Check the different parts of the fleece by taking a staple by both ends in your fingers and giving it a few tugs. If you can feel the fibres breaking apart or you actually pull the staple in half it means that the fleece is tender and useless for spinning. Watch the tips too as sometimes they can be so dirty, matted or stuck together that it is almost impossible to comb. Wool that is difficult to comb can take all the fun out, and who needs that! If I am really in doubt about the tips but I like the fleece, I get my comb out and comb a few pieces to see how they go. If you can't resist the colour and the wool is long enough you may choose to take the fleece and simply cut the tips off. When you become experienced at selecting fleece you won't need to comb to make sure, but when you are a beginner everything helps.

When you have decided that the fleece is right for you, anywhere around \$5 or \$6 per kg (\$2.30-\$2.70 per lb) is a reasonable price to pay depending upon the quality. Some people even rug their sheep especially for hand spinners – it can be very beautiful wool and you can pay up to \$15 per kg (\$6 per lb) for that. But again, watch out as sometimes the coat can matt the tips slightly.

I am by no means an expert but I hope that what I have written has helped someone. Spinning is such an enjoyable and worthwhile craft and best of all, there are guilds and spinning groups dotted all over Australia just waiting for you to come along and join their activities. You'll learn lots about your craft and make lots of friends too.

Contact addresses for these guilds are listed in GR 62, p. 37.

TYPES OF WOOL AND THEIR USES

Merino: super fine and fine.

A very soft wool for speciality use, baby clothes, fine lace, crochet shawls, light jumpers and cardigans. Use with care as it may pill and mat.

Merino and Polwarth: medium and strong.

Shawls, light jumpers and cardigans.

Crossbred: Lincoln x Merino, Border Leicester x Merino, Romney x Merino, English Leicester x Merino, Corriedale.

Heavier jumpers and cardigans, stoles, lightweight tweeds, wall hangings, knee rugs.

English Longwools: Lincoln, English Leicester, Romney, Perendale.

Heavy outer garments, blankets, heavy tweeds, socks, gloves, caps, wall hangings, bags, floor rugs.

Downs and Hills breeds: Dorset, Suffolk, Hampshire, Shropshire, Southdown, Cheviot, Ryeland.

Harsh wools, not generally used for garments, except socks, bags and tweeds. Care is needed when spinning up this wool — to find a fleece long enough (at least 7.5 cm).

Carpet wool: Drysdale, Elliotdale, Tukedale, Carpetmaster.

Not always widely available. Long stapled fleece, coarse and resilient, with a medulated fibre — a true carpet wool.

Reprinted from *SACSOS Newsletter*, August 82, No 29, PO Box 110, Eastwood 5063.

SINGLES SPINNING

by Jenny Brandis, Quairading, WA.

Singles gives a serviceable, light and airy yarn with less wool and less time involved than plied spinning. Most commercial novelty yarns have singles as a base. It is very useful in off-loom weaving, circular weaving, dimensional weaving as well as the more traditional uses.

PREPARATION

Spinning singles is quite easy for the loose spinner; if you are a tight spinner it will take longer to master, but master it you will. Choice of fleece is important. The wool should be long and open textured. Crossbred is most suitable. Merino can be used but it is not a good wool to learn on. Before you start, adjust the tension that pulls the yarn into your spinning wheel. The idea is to put less twist and more air into the yarn. If you wish you can wash the wool before spinning — this is a personal choice.

METHOD

Take a staple and flick your wool until light and airy — a comb is not good enough as a flicker adds the essential air. Prepare enough wool this way so that you can sit and practise without having to stop to prepare more wool.

Using an anti-clockwise twist take the wool from the side of the staple in a medium to long draw. Hold the wool lightly and draft smoothly back while releasing the wool, then forward quickly so that the yarn goes into the bobbin without further twist being added. If you find there's too much twist, this can be corrected by putting the yarn through the wheel again, but in a clockwise twist this time.


Practise until you can produce a light and airy yarn that is consistent in thickness. Remember as air is added you will need to allow less wool for the desired ply. If you have been spinning plied wool for any length of time the yarn will look underspun.

Leave the yarn on the bobbin for a minimum of 24 hours and then wash, dye or use in whatever way you wish. When singles is knitted it should look the same as plied yet be so much lighter. If you find that the vertical tram lines pull to one side then there is too much twist. Take heart, a wash will often cure that. Happy spinning.



Examples of singles are seen in the first three, while the fourth, on the far right, depicts two-ply wool.

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OPERATING HINTS FOR WOOD HEATERS

It is important to get a good fire going as quickly as possible in your heater. Even if you plan to only run the heater on low you should first get the heater and flue hot so that it will draw air and function properly. When loading firewood try to leave spaces of very roughly 25 mm (1 in) between logs. This allows for combustion of air between the logs and the development of hot pockets of glowing coals. If you have a wood burning heater which does not have a grate, Place logs so that the ends of the logs face the incoming airstream. This usually means the ends of the logs face the door. If the logs are laid the other way they tend to stop air getting to the base of the fire which leads to more smoke and less heat. Three or four smaller logs on a fire will give more heat than one or two larger logs. Heaters without grates will perform better with a layer of ash on the base of the firebox. When cleaning out the ash always leave 10 mm ($\frac{1}{2}$ in) or so behind.

Every design of heater has slightly different operating characteristics, so read any instructions from the manufacturer carefully and experiment with different loading patterns and log sizes.

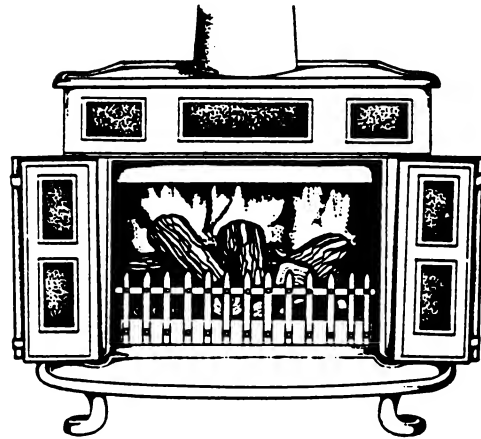
LIGHTING A HEATER

If you start asking heater users about the best way to light a fire you will probably never get the same answer twice. Some people build elaborate little boxes or wigwams of sticks; others swear by particular types of firelighters. Here is another method worth a try. Fully open any dampers or air vents. Put a dry log on either side of the firebox leaving 20 to 30 cm (8-12 in) between. Put in one or two loosely crumpled pages of newspaper, then tightly screw up another four or five pages of newspaper and put these on. Add some dry kindling and small dry logs and light it. Provided your wood is dry you should find this method means you don't need much kindling and the fire lights first try every time. Wait 15 minutes or so before adding more logs.

Some heaters are hard to light because they only draw well when the flue is warm. In these cases try putting some crumpled-up newspaper on top of the fire when it is set. This should burn rapidly and warm the flue from the start. *Never use petrol, oil or kerosene to light the fire* – they could cause an explosion. Use only dry, untreated wood in a wood heater. Advice is often given that coal or briquettes can be used either alone or mixed with wood. These practices are unsafe as briquettes and coal can burn at much higher temperatures than wood. Burning coal and briquettes in a wood heater can cause overheating and the clearances between walls and heaters as given in installation guidelines for wood heaters will not be great enough to stop the risk of house fires. Mixing wood and coal fuels should be discouraged as a potential fire hazard.

CREOSOTE FORMATION

Creosote is the black tar and soot that can form in your chimney or flue. In extreme cases it can completely block



a flue in a few weeks. If it catches alight it causes a chimney fire which can damage your flue or even cause a house fire if your heater is incorrectly installed. Flues and chimneys should be inspected once a year to make sure they are not blocking up and should be swept if necessary. There are three main causes of creosote formation: the most common is incorrect heater use. Whenever the heater is lit or more wood added, always run the heater on high for about 20 minutes. For overnight burning it is best to load the heater up an hour before going to bed. Only turn the air supply down to minimum once all the wood is charred. The better heaters will still burn for 8 to 10 hours without difficulty and you will have far less creosote problem than if you fill the heater and turn it to slow burning straight away. Long periods of slow burning will always produce more creosote than burning on medium or high. You might find that once you have a good lighting method worked out, and your house well insulated, you don't need to burn overnight except on the coldest nights. This saves quite a bit of wood.

Another cause of creosote is wet wood. The reason this causes creosote is that the fire burns cooler and so some of the gases and tars driven off the wood never get hot enough to burn; they then condense in the flue. If your wood is too wet (see the VSEC brochure *Wood fuels* for how to tell) leave it to dry out or mix it in little by little with dry wood. Surprisingly, if wood is too dry it also leads to more creosote. This will never be the case with ordinary firewood, but if you burn a lot of kiln-dry wood waste or oven-dried wood you might have problems. The third cause of creosote is over-cooling of the flue gas. The correct use of the flue casings, as discussed in the VSEC brochure *Installation checklist for wood heaters*, should help to minimise this potentially dangerous problem.

Flue and chimney fires occur when creosote catches alight. The fire will make a roaring noise and sparks or flame will come out the top of the flue. If you have an open fire put the fire out with water straight away – a fine mist from a hose nozzle will often do this more effectively than floods of water. Placing a wet blanket or piece of tin across the front of the fireplace to block the draught is also helpful. If

the fire persists despite your efforts call the Fire Brigade. Most chimney fires won't damage the house, but problems can occur if the chimney is cracked.

If you have a controlled combustion heater, turn the combustion air off completely; the flue fire should then decrease in intensity and burn itself out. A flue fire in a properly installed controlled combustion heater should not cause any safety hazard, but if in any doubt at all play safe and call the Fire Brigade. A very hot flue fire can damage enamel and stainless steel flues, so have your flue inspected after a flue fire.

MAINTENANCE AND CLEANING

Check your heater and flue at the start of every heating season. Watch out for birds' nests in flues and flue casings; check for creosote in the flue; check the seals around any doors or ash removal trays; make sure there is not a build-up of dust and fluff under the heater or behind heat shields. Don't let ash build up higher than the base of the door. Follow any instructions given by the manufacturer.

You can arrange for a chimney sweep to come and inspect and clean your flue or chimney or you can do the job yourself. If you do it yourself you will need a wire brush to fit the flue (available from some wood heating shops). The brush can be pulled up and down the flue on a wire, but this will mean removing any flue cap (which might require tools such as a drill and screwdriver). The creosote (soot) need not be removed from the heater. It can be left to burn next time you use the heater. The job can be messy and a bit dangerous on the roof, so it is often best to leave it to the experts.

There are several chimney cleaning powders available which are claimed to reduce creosote in your flue. Some of these contain salt and other chemicals which will corrode your heater and shorten the life of the firebox. Sensible heater use, as described earlier in this article, should mean you will have few creosote problems. Running the heater on high for at least half an hour each day will also help to keep creosote in check; this tends to crack any thin layers of creosote in the flue which will fall back into the heater and burn (you will probably hear a tinkling sound as the creosote falls).

MINIMISING AIR POLLUTION

Smoke from solid-fuel heaters can be a nuisance to your neighbours and might contribute to the reduced air quality in urban areas (the extent of the problem, if any, is currently under investigation). Research groups and heater manufacturers are working towards cleaner burning heaters, but there are still many unanswered questions. At this stage there is no simple way of eliminating all the pollution from solid fuel heaters, but the pollution can be substantially reduced through good heater operation.

The simplest indicator of pollution problems is lots of visible smoke. All heaters will smoke when first lit, but if you get a good hot fire going quickly the smoke should almost disappear within 15 minutes; a poorly started fire might smoke for hours. When loading wood try to space the

wood so that combustion air can get between the pieces. This means the wood will ignite quickly which again will reduce the smoke. Check how much smoke your heater is producing from time to time and try adjusting your operation of the heater to minimise the smoke. Another indicator of pollution is lots of creosote. So, as mentioned above, burn dry wood and do not turn the heater to slow burn straight after adding a load of wood.

If smoke from your heater is causing a nuisance to your neighbour, the problem might be reduced by increasing the height of your flue. Try adding one or two lengths of flue (plus flue casing). If there are tall buildings or tall trees nearby, the problem can be difficult to solve. You will have to seek advice from your heater distributor or contact the Environment Protection Authority.

SAFETY COMMONSENSE

Here is a list of a few important commonsense do's and don'ts for safe heater operation:

- If smoke escapes from a heater into the house something is wrong. The flue or part of the heater might be blocked or you might need a taller flue to increase draught. High levels of smoke in a house are a health hazard.
- Always open the door of a heater slowly. A log or embers may have fallen onto the inside of the door. It is also possible to have a build-up of gas in the heater which will ignite when the door opens. For this reason you should also always open the air control full for a few seconds before opening the door to clear any gas.
- If any small children or elderly people are around a fire screen protecting hot surfaces should be used.
- Never store firewood right next to a heater and never place washing on a heater to dry. The temperatures close to most heaters are high enough to start a fire once the wood or washing has dried out.
- When removing ash from a heater use a metal, not plastic, bucket and be careful not to put the ash on combustible materials. Embers can stay very hot for days when insulated by a layer of ash.
- If you run your heater so that the firebox or flue gets red hot you will drastically shorten the life of the heater or flue. Metal corrodes much faster when it is red hot.
- If you have an open fire, always place a solid screen in front of the fire when the fire is left unattended (even for a few minutes) to stop sparks and any logs or embers falling out of the fireplace.
- A solid-fuel heater correctly installed and sensibly operated should give many years of economical and safe heating.

Other VSEC wood burning publications

Buying a wood heater

Wood fuels

Installation check list for wood heaters

Heating costs

Types of wood heaters

Water heating using wood

Wood heating glossary

Information provided by the Victorian Solar Energy Council, 10th Floor, 270 Flinders St, Melbourne 3000. Ph: 03-654-4533.

GOING WITHOUT ELECTRICITY

by Jim and Sharon Harrigan, Coffs Harbour, NSW.

The five of us live on a property near Coffs Harbour with beautiful rainforest all around us. Living is simple without electricity, but we do have a generator for all the mod-cons like the automatic washing machine. Our other major appliances are gas: fridge, stove and water heater.

Candles have a very relaxing effect so we hit the sack early. Visitors often look at the clock ready to go home at 7.30 pm, and with a little yawn they say 'Is that how early it is?' In winter, afternoon time revolves around starting the big open fire Jim has built into a sandstone wall, and preparing tea before the daylight fades.

Generator power is noisy and expensive when used all the time, so for the few hours it is turned on to run the washing machine, all the other electrical appliances are used at the same time. It is like the rush hour to get everything done, vacuuming, ironing, washing, and – in any spare time – sewing.

These few short hours per week did little to encourage my creativity for sewing, and with three little ones, there was plenty to sew. Jim had given me a treadle the first Christmas we were married, but I could never get the tension on the old Singer machine to co-operate, and so it sat unused for a few years. Once again I took it out of the laundry and

cleaned it up, hoping I could find some excuse to bring it inside because I loved the look of the fancy iron base. That was when something wonderful happened! Jim's mum, Brenda, told us of when they had visited a Papua New Guinea mission where they used electric machines on a treadle base. That was enough of a spark to ignite Jim's mind, thinking how to combine the two. This he did very successfully, and hardly a week goes by without me sewing or mending on my machine, which now has prime position in our lounge room along the sandstone wall.

The conversion is simple, where the drive wheel is accessible. You will need:

- pedal base;
- table top attached to base with a slit to allow the belt to pass through;
- electric machine;
- belt – we made ours from an old push bike tube.

My machine is a basic Janome, with buttonhole, overlock, fancy stitch, stretch stitch and straight sewing. I don't have the problem of the thread constantly breaking, and the tension is constant. But the simply wonderful thing about it is I can sew whenever it suits me, not only in the generator rush hour.




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Seagrass Insulation.

ADVANTAGES OF CONCRETE TANKS

by Neil Wittenbach, Pakenham, Vic.

Marie Cantrill (GR 68, p.10) asked about the merits of concrete tanks compared with zincalume and fibreglass ones. Firstly, I have not seen zincalume tanks. I do not think they can be rolled into cylinders. What you are looking at is a special grade of corrugated galvanised iron (GI) which is not the same as that used in roofing.

Corrugated GI tanks have an initial cost more economical than any others but have a limited life. I have found fibreglass too expensive. Acid has to be used to solder GI tanks, i.e. removing galvanising to solder, and nobody I know thinks of reproofing this area. Many rust proofing materials could be dangerous in tank water. The galvanising process is thin and not necessarily uniform over the whole area, so rust appears first through the thinnest part and makes the whole tank useless. This is hastened by rolling the corrugated iron after it has been galvanised. I realise that there are preparations to seal the inside, e.g. plastic film, Pabco or Dribond but the time and cost involved stops you doing other jobs and in any case it is not very pleasant to do.

We have been on conserved water within our boundary fence since about 1952. I have found concrete tanks to last a lifetime. They are under twice the price for the same size GI tanks in our area, need no maintenance and do not need a costly stand but are put down on 75 mm (3 in) of level sand or cast in place. They can even be lowered into the ground to be partly out of sight. Make sure the top of the tank is lower than the eave of the house.

We found that in the summer the GI tanks with shallow water heated up quickly, multiplying the organisms rapidly which we believe gave the children diarrhoea, not so with concrete. We have never put anything in the water to purify it. If there are wrigglers in the water it means that it is pure. If you do not like them in the kitchen, use a filter on the tap. They can be killed in the tank by putting a film of paraffin (I do not like kerosene as it is dangerous) on top of the water. One tablespoon is sufficient but this stops the water from breathing and it is not nearly as nice as fresh water.

Some precautions need to be noted. Do not clad the roof with fibro cement or other absorbent material. It does not contain asbestos these days but it absorbs a light shower when you want a run off in drought conditions. A salt glazed tile or GI roofing has been found to be suitable.

All openings to the tank and spouting outlets have to be screened to keep birds and possums out. You will identify these in the tank firstly when having a shower. The smell in the hot water is quite identifiable. We have found frog skeletons and other non identifiable material in the 75 mm (3 in) of sedimented scum on the bottom of the tank when cleaning it out but it has never caused us any apparent illness.

House design is also critical. Do not build a small attic

house. The catchment area may not be big enough to supply enough water for a young family. Washing machines use gallons. Put your garage or workshop close by so that its catchment can be run into the same tank, thus saving a tank for the time being. You will find that the tank will fill and run over (see that it runs away from the house) a number of times in the winter and the critical period will be in that long dry period in the summer down here.

We have found that 45,000 litres (10,000 gal) is the smallest capacity we could cope with when the children were here but we could cope with 22,500 litres (5000 gal) now. Investigate 2 x 22,500 litre (5000 gal) transportable against one 45,000 (10,000 gal) or larger tank built on site before building so that the plumbing and spouting is graded correctly.

If water is short you might investigate connecting the flush toilet, another water guzzler, if used into a dual system – tank water in winter and dam water in summer, with a switch tap in the line. If the dam water is too dirty, add a small amount of alum to each tankful when pumping to sediment the impurities to the bottom of the tank. Make sure you have a tank outlet below the outlet you use to drain the waste away.

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Down home on the farm...

by David Miller



Kath, our editor, rushed in breathless. 'The geese are attacking me,' she gasped. Looking outside we saw the oldest gander with neck outstretched and beak open waiting for another mouthful of stocking. He is a formidable sight at any time, and will stand on tip toes and flap his wings when you approach, to dispel any thoughts you may have of stealing one of his geese. We all looked at Kath's stockings – bright orange! Well, no wonder.

This year the stock are in fine condition because of the early season. No-one can remember a better autumn – warm sunny days with occasional heavy falls of rain. It is nearly mid-year and we have not had a really cold wintry day. My cattle started to lose condition in February but have caught up rapidly, and the poultry for sale look bright and clean as they go off to their new homes. Megg is in high gear moving stock out before winter sets in. She has decided she needs a holiday and does not want much stock here for me to feed. (Lower numbers mean fewer disasters!)

The Toulouse geese look brilliant because of their frequent bathing. Toulouse are difficult to breed probably because there has been no new blood introduced into Australia for years and they are all inbred. However I love to have them around – they have beautiful soft feathers in white and grey tones, are exceptionally arrogant, cackle loudly when a visitor arrives, are easily cared for and I like the challenge of getting them to breed properly. They will also incubate their own eggs, which is a blessing, and they will eat anything and go off and graze if still hungry – the perfect bird for self-sufficiency.

More than a year ago, Megg asked me to call one of her fellow turkey breeders who wanted stock to explain that delivery would be some months away. As a boy in the 20's, Jack had raised turkeys and sold them for a few pence per pound. Later he produced them commercially and even imported some from the UK before quarantine restrictions were imposed. I realised Jack still had quite a collection of birds and asked about them. There were pigeons, various breeds of poultry and Toulouse geese. 'What?' I said surprised, 'How many do you have?' 'I have three paddocks of them, three different bloodlines which I've kept separate for years.' I couldn't believe my ears and we quickly made arrangements to purchase stock next season.

I rang Jack again some months later when I knew the new goslings would be ready for sale. There was no answer. Further calls were not answered either and I thought he must be on holidays, so left it and called back a month later. This time a young voice answered the phone and informed me that Jack had passed away. I was stunned. Jack had

become a living legend in my mind and I had not considered his age. Jack's nephew was working on the house, and we talked about what an amazing character he was. I also discovered Jack had left his birds to the young guy who helped him on the farm and there were boxes of books and notes on poultry the family didn't want. I thanked the nephew and sat quietly thinking of Jack, then remembered the initial purpose of my call and promptly rang his farm helper. His answer to the whereabouts of the geese was that they had been sold at the local market. I couldn't believe it – all Jack's years of patient breeding gone under the hammer and probably down the throats of the locals. Then some faint hope emerged. 'There are still a few young geese left on the dam I think.'

After many more phone calls, we now have six new Toulouse geese which must be the only outcross Toulouse in Australia. Jack's poultry books, notes and newspaper clippings painstakingly collected over the years were offered to Megg by the family, and she now treasures them. And Jack, if you are up there wondering about your precious birds they are doing just fine.

Another Jack who is very much alive is Megg's father. He is 80 years old this June and even though he complains about aches and pains occasionally, he is still very fit and gets through an amazing amount of work. (The local doctor calls him Tarzan.)

Before his wife passed away, Jack's caring nature was employed fulltime nursing her and his beloved garden was let go. Now, by putting his energy into the garden once again, he has managed to work with the grief and loss of her passing, and redirected his caring side by growing vegies for the locals who bake cakes for him in return.

Jack used to write for GR a few years ago and can still fascinate Sunshine with stories of how they used to get the cows in for milking when he was a boy. But it is Jack's remarkable fitness that is so amazing – at 80 he doesn't feel the heat or cold, and never bothers with the airconditioner on even the coldest of days. We tease him and say it's due to his hairy arms and chest. Really he is a fine example of a self-sufficient person – plenty of work and exercise, home grown produce and an appreciation of nature through his garden and pets. These days 80 years of age is quite an achievement, and when you combine it with a person who has bottled all his own fruit this last summer, supplies almost all his own vegetables, grows copious quantities of berries and fruits, and keeps house for himself (and his many cats) then you must agree that this is a remarkable person. It is no wonder Megg is such a handful.

Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

WHAT THEY DIDN'T TELL YOU ABOUT BUYING A BUSH BLOCK

This booklet has been compiled by four Victorian Government agencies for the assistance of anyone considering buying a bush block. Most of the information is general and should apply to land purchases in any area. It includes advice on what to look for on the block, what checks to make before you sign a contract, as well as details of what costs are involved in building and living on your land. The overall effect is rather negative and the tone discouraging to anyone hoping to 'make a go of it' with limited finances and experience, but the booklet does provide valuable warnings for those undertaking a purchase of this kind.

P/b, 48 pp, available free from the Ministry of Consumer Affairs, 500 Bourke St, Melbourne 3000.

FELT CRAFT: HANDCRAFTED FELT FROM FLEECE TO FINISHED PROJECTS – Sue Freeman.

Felt has come a long way since the days when it was only available for homecrafts like slippermaking in dull and serviceable colours. Now you can make your own in a variety of textures and patterns using natural fleece colours, or else dye it in rainbow hues to create an infinite choice of colour combinations. Felt of course is one of our oldest textiles and can easily be made at home with fleece, water, soap and a rolling pin or washing machine. The results are both different and highly imaginative compared to commercially available felt. *Felt Craft* is a comprehensive book that covers all the basic information you need to know and more, for it extends this craft into an art form in which colour and pattern can be explored fully. Projects range from the easy through to sophisticated hats and slippers, creative rugs and hangings and even clothing, with the basic process complemented by other crafts like embroidery and quilting. *Felt Craft* is an exciting, inspiring book visually with an easy to follow informative text.

H/b, 128 pp, Aust, Greenhouse Publications, Distributed by Macmillan Aust. RRP \$27.95.

THE GREAT AUSSIE SAUSAGE BOOK – Erich Schaal.

There are literally thousands of varieties of sausages around the world, fresh, cooked, dried or smoked, in fact enough to fill a book. The purpose of this book however is not to provide a who's who of snaggers around the globe but to pass on the traditional secrets of making wholesome, additive free, top quality sausages in your own kitchen. They are easy to make, our authors say, and this paperback sets about telling you how. Practical advice abounds on sausage types, the ingredients required and special equipment. Details are given on how to fill sausages, on how to construct the Aussie bush cold smoker (made from – yes, you're right – an empty 44 gallon drum) or if you'd rather, a hot smoker. The extensive recipe section covers every type of sausage you've dreamt about – potato (bad luck vego, it also contains meat), spiced salami, liver pates, tongue and even a Hobby Farmers Liver Sausage, recycling perhaps disillusioned new chums' livers? Seriously, it is an excellent book and a must for those already producing their own meat supply.

P/b, 104 pp, Matchbooks. RRP \$11.95.

THE OWNER BUILDER'S COMPANION – John, Gerry and Justin Archer.

The Archer family has had personal experience as owner-builders as well as many years of publishing *The Owner Builder* magazine. They are biased in favour of the low-cost materials provided by nature – earth, wood and stone. If you, like many others, despair at the thought of the mortgage and the life sentence it imposes, yet lack confidence in your ability to do-it-yourself, this book can provide both inspiration and practical know-how. Every aspect has been covered – the purchase of land, finance, planning and design, building with timber, earth or stone, the installation and placing of windows, hints on economical heating and protection against damage by wind, fire and rain, even

hints on where to locate hard-to-find materials. The knowledge has been gathered from a wide variety of sources, from government departments to people who have already experimented with their own building. Generous use of diagrams and photographs complements the easy-to-follow format.

P/b, 202 pp, Aust, Penguin Books. RRP \$24.99.

THE VEGETARIAN HANDBOOK: EATING RIGHT FOR TOTAL HEALTH – Gary Null.

Gary Null is the author of over 20 books on health and nutrition and hosts the radio programme *Natural Living* in the US. He founded and directed the health and nutrition certification programme at Pratt Institute. The results of 5 years of research have been gathered into this comprehensive and readable guide, telling you how a vegetarian diet can improve your health, help you lose weight while controlling your appetite, and enhance your endurance during exercise. The author demonstrates in detail the ways that a vegetarian diet can be a major component in preventative health care. He also explains that vegetarianism is much more than the boring lettuce and sprouts diet which many still associate with the word and provides many creative gourmet recipes which support his claims. The most frequently asked question, 'How do I consume enough protein on a non-meat diet?' is answered by a list of hundreds of new high-protein food combinations. For those interested in the vegetarian alternative this book is a combination of source book, diet planner and cookbook.

H/b, 265 pp, US, St Martins Press, Distributed by Macmillan Aust. RRP \$29.95.

YOUR FIRST PONY – Beverley Heselton.

The sub-title *A Complete Beginner's Guide to Care, Training, Saddlery and Horsemanship* says it all. Both concerned parents of hopeful horse owners and hopeful horse owners themselves will find all the necessary information in this book. Ponies need a lot of care and first-time pony owners have a lot to learn. In simple language and easy-to-read format, well illustrated with both black and white and colour photographs, this book will teach both children and adults all the basics of horse-ownership. The chapters on 'Grooming' and 'First Aid For Your Horse' will be of particular benefit to all – even long-time horse owners may learn something new from them though treatments recommended tend to be conventional rather than natural. This book should be of particular benefit because, unlike many others of this type, it is written specifically for Australian conditions by someone with expert local knowledge gained through years of advising on problems relating to young riders and their horses.

P/b, 112 pp, Aust, Greenhouse Publications. Distributed by Macmillan Aust. RRP \$12.95.

THE GARDEN PEST BOOK – AN ILLUSTRATED GUIDE –Bruce Chapman, David Penman and Phillip Hicks.

The authors have many years experience in the practical study of insects, particularly in urban areas and home gardens, and their aim is for integrated pest control by encouraging beneficial insects, discouraging harmful ones and avoiding over-use of insecticides. Many gardeners are thoroughly confused by a myriad of insects, the sole aim of which seems to be the destruction of any green growing thing in their path. This book will help you to: identify the pest from the damage symptoms and from the insect itself; treat plant diseases and physiological disorders; use chemical controls correctly; use alternative, environmentally safe methods where appropriate. It is well illustrated, the many clear photographs making pest identification a simple matter. Another useful feature is the calendar which highlights active periods and problem times for each insect. Chapters cover not only vegetable pests but also those affecting fruit, ornamental and indoor plants and lawns. Environment conscious readers will find the section on beneficial insects and other controls invaluable.

P/b, 93 pp, Aust, Thomas Nelson/Penguin. RRP \$14.95.

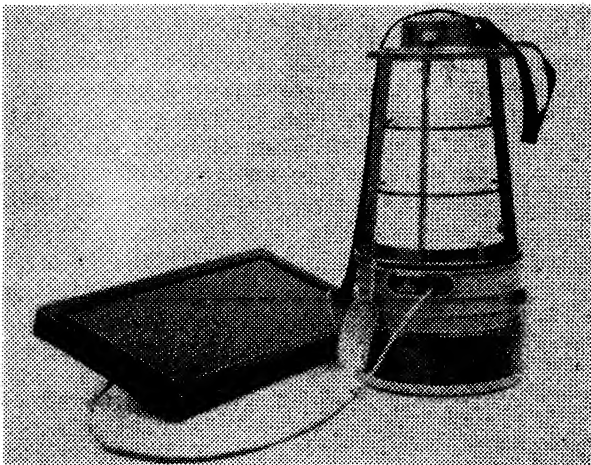
ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

RECHARGEABLE SOLAR LANTERN

A lantern that would interest many GR folk is the weatherproof rechargeable 'Leopard' lantern which comes complete with its own solar module for keeping the battery in an optimum state of charge. It features an energy-saving fluorescent lamp for general lighting as well as a strong torch beam. A retractable shoulder strap enables the lantern to be easily carried. The solar module plugs into the lantern and puts charge back into the battery whenever the former is in direct sunlight. RRP for the lantern complete with solar module is \$188.95.

Sabrina Enterprises, 22 Mary Ave, HIGHTT 3190. Ph: 03-532-0033.



DRIBOND WATERPROOFING AND REPAIR RANGE

Owner builders and do-it-yourselfers may be interested in the Dribond range of waterproofing and repairing products. They have an excellent 'Handyman Series' of leaflets covering waterproofing building surfaces, repairing building surfaces, simply built masonry system and decorative finishes that are durable and easily applied. They also have information on their Flexible Sealer which forms a tough, long life waterproof membrane when applied and is suitable for everything from sealing iron roofs, gutters, tanks and waterproofing walls to providing a non slip flooring on decks around swimming pools, and on Dribond Cement which is useful for repairing tanks as well as its conventional use in wall construction.

Dribond Construction Chemicals, 467-469 South Road, REGENCY PARK 5010. Ph: 08-468-013.

DAIRY FARMING COURSES HANDBOOK

United Dairy Farmers together with the Rural Training Council, both of Victoria, have collated and published an extensive booklet on the courses available for dairy farmers or those wishing to enter this field. Courses listed cover dairy farm management and production, AI, ET, calf rearing, shed design, financial skills, computers, pasture management and renovation, whole farm planning, financial skills, cheese and yoghurt making, sharefarming, relief milking, beginning dairying, and more. Restricted to Victoria only, this handbook provides access to a wide range of courses and services related to dairying. It is available free of charge from either of the following:

UDV, 8th floor, 24 Collins St, MELBOURNE 3000, or Rural Trading Council of Vic, PO Box 219, BENDIGO 3550.

NATURAL GARLIC CONCENTRATE

Garden Friend have released onto the market a natural garlic concentrate which does not contain any poisonous materials, as all components are of food grade. This means that food can be sprayed and consumed on the same day - very useful if you want to debug your lettuce before picking it! Prices are very reasonable, with a 250 ml (9 fl oz) bottle, making 50 l (11 gal) of spray, costing \$3. Further information is obtainable from:

70 Finlayson Street, LANE COVE 2066. Ph: 02-427-5642.

ALTERNATIVE ENERGY BOOK

Two important energy boards, the State Electricity Commission of Victoria and Victorian Solar Energy Council, have joined forces to produce a book for those living beyond the state power grid. The book covers diesel and petrol generators, solar energy, wind energy and hydropower. It examines the advantages and disadvantages of each, and evaluates wood fuel and gas as alternatives. It also features a list of current manufacturers and suppliers. Titled *Remote Area Power Supplies*, it is one of the most informative and easy to read books on alternative energy available. Price is \$10 posted.

Victorian Solar Energy Council, 10th floor, 270 Flinders St, MELBOURNE 3000. Ph: 03-654-4533.

LIGHTWEIGHT ROTARY HOES

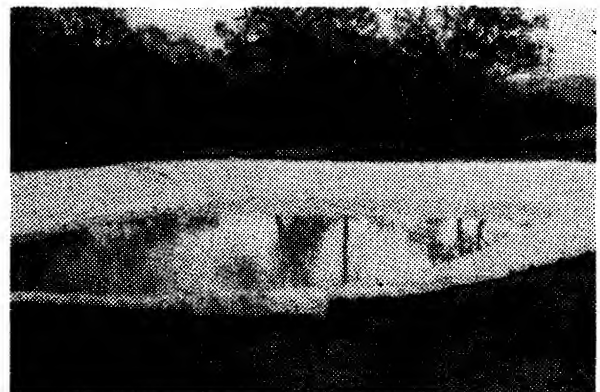
Two lightweight rotary hoes have joined the Silvan range to meet the needs of market gardeners, row croppers, hobby farmers, nursery proprietors and for use in glasshouses. The Muratori MM85 and MM105 are designed for tractors rating from 10-25 horsepower. They differ from earlier models in that they have a sliding, adjustable offset which enables them to get close to trees, fences and walls on one side. Other features include sturdy construction, skid depth adjustment and L-shaped hoe blades. Three-point-linkage is category one, chain drive is by heavy duty chain running in an oil bath. Further information contact:

Silvan Pumps and Sprayers (Aust) Pty Ltd, 370 Huntingdale Road, HUNTINGDALE 3167. Ph: 03-543-2811.

DAM LINING FOR POROUS SOILS

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Rheem Australia Ltd, 1 Burrows Road, ALEXANDRA 2105. Ph: 02-519-4211.



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Aquatrol Company, 31 Hugh Street, BELMORE 2192. Ph: Sydney 02-759-2389, elsewhere toll free 008-226-113.

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NORTH COAST NSW 1000 ac between Grafton & Casino. Buildings, extensive creek flats, forested hills, creeks and lagoons. Adjoins state forest. Regrettable forced sale. \$130,000 ONO. Enquiries PO Box 518, BYRON BAY 2481.

52 KM WEST OF KEMPSEY. 3½ ac 3 b/r fibro home. Town water, septic, 12 volt, gas stove & h/w, generator, modern interior, l/u workshed, fully fenced, tarsealed road, walk to Macleay River, school, small village, shops, hotel etc, price \$59,500 Ph: 065-672-074.

KEMPSEY AREA - 90 ac, permanent creek, swimming holes, fertile flats. 50% bush. Fully fenced; stock yards, dams, orchard. Unique 3-4 b/r pole/mudbrick home. Power, phone, solar, combustion stove. Small community, 2 km primary school, high school bus. Well worth a look. \$120,000. Phone: 065-671-395.

QUIET COUNTRY VILLAGE, ideal for children. 3 b/r house close store, school. Lge block, estab fruit trees, town water, grow anything. Rates \$250 p.a. Handyman, shearing work avail. Near West Wyalong NSW \$21,000. 051-278-736.

TARKEE AREA 100 ac. Mountain retreat, beautiful views \$34,000 ONO. Ph: 02-568-3663.

MID NORTH COAST NSW 45 min. Kempsey or Macksville, Taylors Arm Rd, Millbank 24 ac. 4 ac. pasture with nth slope to ck. Large dam above. 20 ac. forest with good building timber. Wildlife and friendly neighbours. \$22,000 neg. Phone: 02-638-4428.

BUSH RETREAT 40 ha. Nymboida nth NSW. White water country, river nearby, shop school only min. away. 2WD access, mountainous, undulating, timbered, beautiful house sites, water access, phone avail. \$39,000. Ph: 066-494-247.

MERRIWA 50 ACRES. Abundant in native flora and fauna 36 km from town. Great weekend 3 hours from Sydney. Close to river, close to Wollemi Nat Pk. 4WD access, lightly timbered. \$12,000 ONO. Ph: Patrick on 065-482-497 or PO Box 128, MERRIWA 2329.

32 SECLUDED ACRES Upper Brogo, truly magnificent views, natural bush, easy access, perm ck, fenced 3 sides, 1 rm liveable metal shed with verandah, small water tank, near Brogo Dam, telecom connection, no elect, 15 min. school and PO, 40 min. to Bega and Bermagui. \$38,000. Ph: 059-711-231.

WEST WYALONG area 5 ac. farmlet. Dam, elect avail. Cleared, peaceful lifestyle, \$15,500 consider swap anything, same value. What offers? Ph: 088-252-369.

FAR NORTH COAST - NIMBIN. Regal, colonial, 4 b/r. sandstock brick homestead, extensive timbered interior. Lush frostfree, 12½ ac - NE aspect. Majestic views Tuntabla Falls Valley. 60 km to coast. \$185,000 ONO. Ph: 066-891-239.

BELLINGEN AREA. Couple (45-60) to share 5 ha. on equal ownership basis. Beaut. forest and mountain views plus own large forest.

Need GR hands-on couple for companionship, mutual benefit, cost sharing. Access, large shed, tankwater, power connected. Asking \$49,000. Ring local agent Steve Wilder 066-551-598.

QUEENSLAND

NOOSA HINTERLAND 30 min. Tewantin, Nambour. 70 lychee and 70 eustard apple trees on NE slopes. Good soil and drainage. Irrigation from 2 dams. Older and varied home orchard incl 12 citrus. Unpretentious 2 b/r. plus study dwelling, unconventional, spacious, attractive. 2 car accom, workshop, creamshed, hot water from gas or combustion stove, gas stove backup, septic, elec, phone, verandah. On 7 ac, \$67,000. Adjoining block 6½ ac. Nicely timbered, large dam. \$35,000. Sold together \$95,000. Ph: 071-479-283 w/ends, evenings.

BEAUTIFUL SOUTH BURNETT QLD blocks avail, 5, 10, 40, 170 ac, some creeks, treed, undulating, flat, cultivated, temperate climate, rain approx. 40 in. p.a, no cyclonic influence. Clem Ph: 071-630-344. AH 071-638-597.

AGNES WATER. 40 ac, good soil, plenty trees, bull holes (underground water). Power, phone avail. Opposite entrance Nat Pk. 9 km to booming coastal town. Bargain \$45,000. Ph: 046-461-190.

WOLVI - between Noosa, Fraser Island, Gympie. 30 ac. ½ cleared ck flat, ½ timbered hill. Perm ck, log style cabin with verandah. Gas & wood fire stoves, gas fridge, generators, solar panel, inverter, phone. \$50,000 neg. Ph: 03-752-2139 AH.

TWO ADJOINING 1½ ac. bush blocks (separate titles) near Gympie. Handy to Fraser Island, Rainbow Beach, Noosa etc. Good gravel road, power in area, 5 km. to gen. store. \$4000 ea. or \$7500 for both. Write Margaret, Box 99, SOUTH GRAFTON 2461.

NANANGO/RUNNYMEADE SE Qld, 2½ hours Brisbane. 30 ac. bush retreat bordering on state forest, furnished log cabin, septic, wood stove, kero fridge, solar power system. Concrete block laundry, as new 3kV petrol generator, Davey water pump, approx. 1000 new split face concrete blocks ready to build. Chook run with laying flock. Undulating block, elevated, frost free with 4 dams, ck & 2 tanks (3000 gals) Organic vegetable and herb gardens, numerous fruit trees, vines, exotic and native trees, abundant wildlife. Some fencing, school bus at gate, 15 km all weather access to town. Like minded neighbours, virtually WIWO \$45,000, reasonable offers considered. Owners wanting to go overseas. Ph: 071-631-558.

MT. LARCOM. 120 ac. freehold pawpaw/mango farm. 5000 pawpaws picking; 2200 planted. 300 mangoes, 2 dams, equipment, packing shed. 2 b/r house, power, phone etc. Good income, quiet & secluded, yet only 9 km. to town, 30 min. to Gladstone. \$130,000. Ph: 079-751-331.

378 ACRES. Completely chemical free. 70 ac. cultivation, 300 ac. saleable timber, 5 ac. arrowroot, 100 fruit trees, 300 lavender

bushes, crop of garlic. 26 sow piggery, shed 30' x 16', stock yards, 2 dams. Caterpillar D4 with blade, & Inter 624 diesel tractor, list of machinery. 2 B/R wooden house, garage. Town water, power, phone, 9 miles town & rail. Price \$125,000. E Salmon, Gayndah Rd, HIVESVILLE 4612. Ph: 071-689-392.

WARWICK, SE QLD. 2 b/r w/board house in GC on 1½ ac. Lge. new open verandah, mountain view, town water, comb stove with HWS and wood heater. Est garden with natives, orchard, lge. fenced vegie garden. Trickle irrigation to whole garden. 1 ac. fenced paddock. 20' x 20' concrete flr. workshop with sleeping loft. Chook house. Quiet area close to stable country town with TAFE and good schools. \$64,000 ONO. Ph: 076-613-290.

CAPRICORN COAST FARM. 170 ac, 2 houses. 1 house has 2 S/C flats with beautiful sea views. Steel constructed shed 18 x 9 metres. 1 km from beach, 3 km to harbour, 5 km to town, 38 mango trees, water, power, \$190,000 ONO or exchange for Tasmanian property with cash adjustment. Ph: 003-831-180 or 079-396-861.

S.E. QLD. Choice bush blocks 44 ac. only 15 min. from Toowoomba. Good access. Excellent potential. \$27,500. Ph: 002-666-291.

10 MINUTES FROM beautiful Mission Beach, shops etc, walking distance to rain-forest reserve. 14½ ac cleared level block, loamy soil, ex-cane farm, few hundred metres bitumen road. Power at bitumen. Well maintained road past block. \$60,000. Ph: 077-438-283.

CHEAP 4 B/R HOUSE 4 ac. Qld. Darling Downs, could operate as shop and roadside garage. Ample water and stables. \$32,000. Ph: 067-248-215. PO Box 724, INVERELL 2360.

GYMPIE - 57 AC. Freehold hilly bushland, small A-frame house, state forest 3 sides. Phone, concrete tank, wood stove, hot water, perm. dam. 11 km. south of Gympie \$65,000. Ph: 02-699-4249.

LIVE A HEALTHIER lifestyle, be self-sufficient, with room to grow. Extensively renovated, 4 b/r older style home, lge. shadehouse, 3 garden sheds, BBQ area, lge. chicken pen, dog kennel, plus fruit bearing orchard, with drip irrigation. L/u fully encl shed 50' x 26', fenced on 1 ac. Phone, walking distance to school, shop, excellent fishing and crabbing area. Reluctant sale. \$45,000 neg. Enquiries ph: 079-562-553.

SOUTH AUSTRALIA

FRIENDLY COUNTRY TOWN, Minlaton, lovely 3 b/r home, t/f fully furnished, lge block, vegie patch, only \$49,500. Ph: 088-532-361.

TASMANIA

HASTINGS BAY, SE Tasmania. 12 ac. close waterfront. Power, phone, good access, excellent house sites, views, some timber, small dam. \$16,000. D Wynter, PO Box 46, FRANKLIN 7113. Ph: 002-663-541.

GRASSIFIEDS

THE OLD SCHOOL HOUSE, Pioneer, NE Tas. W/B with solid plaster & Tas. oak interior. Lge. rooms, high ceilings, berber carpets, Kent wood heater. All essential services. Fruit trees. $\frac{3}{4}$ ac. Exceptional value. \$34,000. E Bland, PIONEER 7264. Ph: 003-542-428.

WINNALEAH. NE TASMANIA. Dairying property on highway. 356 ac. good chocolate grey soil. 2 houses, red brick 17 square home and W/B cottage. Picturesque surroundings, 3 lge. implement sheds, dairy & equipment also cheese making equipment. 70 ac. good bush \$350 per ac. Apply C/o PO Box 21, WINNALEAH 7265.

LAST UNTOUCHED AREA on beautiful Tasman Peninsula, Tasmania. $4\frac{1}{2}$ ac. bush & grassland with lease on 19 ac. of water reserve. Low rates. Pine lined, 2 b/r cottage. 12V lighting, new combustion stove, new 5kva generator, lge. water pump on perm water. 16 ft. inboard motor boat with fishing net, sailor dinghy. Livestock, plenty of wood, phone, gas fridge. Close to Port Arthur. Work in area. Price \$52,000. Ph: 002-502-411 or write to Vi Sullivan, Roaring Beach Road, Via NUBEENA 7184.

VICTORIA

16 ACRES CLEARED with dam, windmill, house, sheds & 3500l. water tank for \$80,000. This is an ideal hobby farm property $\frac{1}{2}$ hour from Yarrowonga Vic. Power & school bus avail. Opposite pub & post office. Contact 03-703-2585.

FAR EAST GIPPSLAND. Semi secluded 5 ac. perm. ck. frontage, power, phone, septic, PO, store, state school 1 km, high school bus. Elevated house site, $\frac{1}{2}$ hour to beaches, nat. pks, suit weekender or permanent living! \$15,000. Write to Mr. Ian Dolan, 6 Gordon St, ALEXANDRA 3714.

23 SQ. COUNTRY STYLE HOME, 4 b/r, huge lounge with stone f/p, lge. dining & kitchen. Everhot s/c & gas stoves, dishwasher, games room, stone & timber interior, 40' x 40' workshop, 2 dams, water bores. Sandstone on property for further building. Outstanding views & complete privacy. 20 ac. 2 titles -could be suitable for community co-operative \$135,000. Ph: 054-734-284.

BUSH 30 ACRES with approx. 15 ac. semi cleared. Henty, Western Victoria, approx. 50 miles from Mt. Gambier. Being fenced into 6 paddocks with all boundary & internal fencing new. Watered by dam, windmill & tank. Also some materials avail. to suit pig or goat housing & stock yards. This property is in a tranquil setting with abundant wild life. Price \$25,000 or offer, some vendor terms available. Also avail. by negotiation 2 b/r. transportable home unit plus diesel lighting plant. Phone after 7.00 p.m. any night exc Wed & Fri: 055-811-398.

CLUNES VIC. $6\frac{3}{4}$ ac. Attractive land, lightly treed, gently undulating land with seasonal creeks. Building permit obtainable. 30 minutes to Ballarat. Close to Melbourne. Price \$16,000. Ph: 051-942-383.

30 ACRES NORTH OF MOE. 40 mins. to

Mt. Baw Baw, 2 hrs. Melbourne. 10 ac. established pine plantation, 10 ac. pasture, 10 ac. blackwood, mountain ash & bush. Small w/end cabin. Springs & creek. Quality soil, breathtaking views, steep in parts, 500 m above sea level. 1400 mm rainfall \$55,000. Ph: 03-798-5588.

OTWAYS 196 ACRES. Approx. 20 ac. cleared river flats, remaining bush $\frac{1}{2}$ mile river, creek, waterholes, perfect for organics, chemical free, old cottage, urgent sale. \$105,000 ONO. Ph: 052-375-214.

5 ACRES with 4 b/r mud brick passive solar home. SEC, phone, rainwater & bore, craft room, dble. carport, chook run, vegies, many trees, views & privacy just 5 km. from Euroa. House needs some finishing. \$91,000. For details Ph: 057-953-007.

COMMUNITIES

COUNCIL APPROVED hamlet development, Murwillumbah area. Only a few shares left, approx 12 ac each. Some cleared, majority beautiful rainforest setting. Adjoins State Forest. All weather access. From \$18,500. Write to: Palmview, 13A Beauty Point Road, MORISSET 2264. Ph: AH 066-793-333 or 049-772-288.

NSW SOUTH COAST $\frac{1}{15}$ share 525 ac beautiful valley. Company structure estab 1973. Comfortable mudbrick house. Exclusive use of 20 ac around house. Estab fruit trees, garden, vegetable garden. Pump from ck to header tank. 25 min to primary school and shop. 40 km west Eden. \$35,000. Ph: 064-967-010.

$\frac{1}{8}$ SHARE in 100 ac approved M/O 40 km NW of Grafton. Estab property. Interests: woodwork, crafts, natural healing, folk music, conservation, kids. Solar or generator power; phone avail. On main road. \$6000. Enquiries 066-473-295 or 473-222, or write 'Upson Downs', C/- PO, Copmanhurst via GRAFTON 2460.

GRAFTON NSW I wish to estab a sml community ($\frac{1}{2}$ or $\frac{1}{3}$ shares on 100 forest ac with spring water, high on a ridge, good access, $\frac{1}{2}$ share would cost \$15,000. For more info contact Daryl Thompson, C/- Imperial Hotel, Pound St, GRAFTON 2460. Ph: 066-422-095.

LETS MOVE to our end of town: a haven to be free and safe, share cash and everything, form co-ops from profits. Help the poor and buy lots of beautiful land in the country, for all non-violent, peaceful, vegetarians under 35 liking everyone of any race, sexual and drug preference who love nature. Contact Gary, 19 Binalong Road, WENTWORTHVILLE 2145. Ph: 02-631-4183.

BLACKHORSE CREEK, KYOGLE $\frac{1}{25}$ share 970 ac. \$8500. Peddie Cafarella, C/- PO MIRRIWINNI 4871. Ph: 070-676-292.

QUARTER SHARE 100 ac nth Nimbin with octagonal house, dams, fruit trees, great views facing N/E. \$29,000. Willing to rent \$20 pw until decision to buy. Ph: 02-344-8978.

DEADLINES: GR 74 - JUNE 23RD
GR 75 - AUGUST 25TH

GRASS 71 ROOTS

$\frac{1}{25}$ SHARE in a 1000 ac community near Kyogle. The property contains the head waters of a perm ck. The 10 ac private holding has a gravelled drive to the prepared house which overlooks the farm dam. Included in the area is a 70 sq m workshop and 50 sq m demountable house, complete with 2 door gas fridge, combustion and pot belly stove, 12V lighting, bunks etc. All major fees for the council approved house have been paid. The community is conservation minded and has a number of projects underway. Some vendor finance available. \$21,000. Ph: 066-321-102.

VESPER COMMUNITY CO-OPERATIVE is a group of spiritually minded (not religious) vegetarians (7 households) forming a community based on personal growth, planetary healing and financial self-sufficiency. Now a fully registered land settlement co-operative, we are purchasing 150 ac of beautiful, productive, agricultural and forest country in the foothills of the Vic Alps (120 km east of Melbourne). We are seeking up to 8 more like-minded households prepared to commit spiritual, physical and financial resources towards creating an ideal lifestyle. Financial commitment based on 15 households will be \$25,000, paid by 30/12/90. Non-residential involvement is also possible. For further details contact Danny Spijter, 83 Falls Road, KALORAMA 3766. Ph: 03-728-4813 or Brian Reed 03-862-2122 w/days.

NEW ENGLAND inground dwelling, council approved, overlooking river on alternative community. Fully equipped with 12V elec, water pump, water tanks, generator for 240V, gas fridge. Well estab gardens. Good access. Ph: 03-434-2730.

SYDNEY PEOPLE Here is your chance to realise a dream. New rural community being formed. Your own land totally private if you choose. All ideas welcome. Send your contact details to Multifarm, 59 Delange Road, PUTNEY 2112.

WOMEN'S CLUSTERS Large estab coastal co-operative mid-north NSW. Shares \$5500. Judy, PO Box 48, BONVILLE 2441.

RELUCTANT SALE well built modern red cedar highest home, spectacular views, estab gardens situated on fully approved M/O near Nimbin, nth NSW. Will send photo. \$59,000 neg. Ph: 066-891-545.

MID NORTH COAST NSW Limited no. share leases available on 1200 ac beautiful, unique country in upper valley 40 km from town. Lge tracts rainforest, hardwood forest, unpolluted water catchments feeding 2 valleys and hundreds of ac rich ck and river flats. Share leases consist of 5 ac (neg) + house-site as well as free access to rest of property. Natural resources such as millable timber, earth and stone may be used for building. Future projects incl planting 25 ac macadamia nuts also other orchards and food sources. Our basic intention is to provide a healthy secure lifestyle for ourselves & our children. School bus 10 mins. School 20 km down valley in sml village. Price \$65,000. Ph: David or Sylvia 065-642-210 or John 065-642-288.

GRASSIFIEDS

COMMUNITIES

AVALON has shares available for environmentally minded people. Surveyed homesites, all-weather access roads, spring water connected. 360 forested ac includes 100 ac of common and permanent winding ck. Secure company title. Price \$13,700 for 3-5 ac. Full details: Sophia Andrea, PO Box 136, NIMBIN 2480. Ph: 066-891-305.

SHARE IN COMMUNITY 23 shareholders on 320 ac. Largely sub-tropical rainforest with ck in Sunshine Coast hinterland. Attractive to people sensitive to the precious nature of our local environment & interested in interacting with a community group. The share includes rustic 2 storey timber dwelling with solar power & batteries, rainwater tanks & pump, many fruit trees. Reduced to \$35,000. For more info send SAE to Bobbie Britton, PO Box 74, YANDINA 4561. Ph: 071-468-146.

BEAUTIFUL NEW 2 B/R timber home on legal M/O, 2 frost free ac, fruit trees, forest surrounds, Nat Pk boundary, views. Alternative energy, 240V avail. All conveniences. Close Steiner School/Nimbin nth NSW. \$52,000 Ph: 066-891-187.

NIMBIN, BLUE SPRINGS M/O. 2 ac sites for re-sale some with temporary dwellings. Write PO 69, NIMBIN 2480. Ph: 066-891-121.

PROPERTY WANTED

WANTED 30-100 ACRES. Rainforest or wet forest. Preferably isolated with 4WD access & perm water with or without shack. Tasmania, nth NSW, Qld. Kevin Wood, C/- PO, BOAT HARBOUR BEACH 7321. Ph: 004-451-354.

WANTED TO BUY. Cheap cottage, pref country area somewhere near Ballarat, but anything considered. 35 Moonlight Street, STAWELL 3380. Ph: 053-581-615.

WANTED 2-3 B/R HOUSE anywhere in Tas. To \$25,000. All replies answered. Photos appreciated. Please reply to Robson, 12/28 Spring Street, THOMASTOWN 3074.

FROM 20 ACRES. Forest f/hold pref perm water, betw mid nth coast to SE Qld. \$20,000. Write to 'Francoise', Lot 5 Comboyne Rd, KILLABAKH 2429.

WANTED. SMALL ACREAGE with dwelling. Kurmond, Central Coast or Lower Hunter. \$60,000. Ph: 02-810-2106 or write Barbara, C/- 69 Lamb Street, LILYFIELD 2040.

WANTED - ACREAGE Tas backing onto Nat Pk, with or without house. Up to \$35,000. Soul Lukas, C/- PO, RINGEROOMA 7263.

ACREAGE WANTED - coastal nth Qld. Pref fertile soil, partially forested, elec, perm water, humble dwelling optional. Contact: 079-590-493. **LAND WANTED TO BUY** acreage in nth Qld. General area from Daintree to Townsville. Anything between 5 to 50 fifty acres considered. preferably not more than 25 km. from coast. All letters answered. Please contact Frank Smith, C/- PO, TULLY 4854.

2-3 BEDROOM COTTAGE. Sound but not smart condition, within 10 km. radius of Hobart University. To \$45,000. Please reply to Marian & Brian, 102 Robsart St, PARKSIDE 5063.

GR COUPLE looking for house & small acreage nth, NE Ballarat to \$75,000, must have SEC & house worth more than land! Ph: 053-332-361. 325A Ligar St, BALLARAT 3350.

**DEADLINES: GR 74 - JUNE 23RD
GR 75 - AUGUST 25TH**

TO RENT

TAPITALLEE RETREAT is a sanctuary in nature and offers for rent a small caravan and bush pole annexe with gas stove and fridge, no electricity & amenities block nearby. \$50 per week rent, + 8 hours gardening in herb & bio-dynamic garden. Contact Sandi Ph: 044-460-138.

NEW 2 B/R. HOUSE on 85 ac. hobby farm Woodford district \$40.00 week plus severalthours housework in neighbouring residence. Suit retired couple. Available May. B Wilson, PO Box 87, WOODFORD 4514. Ph: 071-961-319 AH.

WANTED TO RENT

FAMILY of 3 wanting quiet farmhouse to rent, nth NSW with area for garden, animals. Willing to live remotely. MS 1092 GOOMBUNGEE 4354. (M. Ross) Ph: 076-300-183 for message.

BUSINESS FOR SALE

FOR SALE - Octagon Bookshop, Omeo, \$195,000 plus SAV. Unique building, rich in atmosphere, comprising lge. shop (9' squares approx.) & residence (12 squares approx.) in the foothills of the Victorian Alps. Prominent location in town, ideally suited for couple or single person. Building of western red cedar & other timbers, fully insulated, double glazed with storage heaters t/out. Your chance to acquire not just the above, but also a whole new lifestyle. Ph: 051-591-411.

NATURAL FOOD GROCERY - Ulverstone Tas. A unique health food store on the NW coast of Tasmania. Wholefoods, bulk grains & flours, herbs, flour mills, home brewing supplies are just some of our diverse stock range. Opport. for husband-wife team to enter growing business with excellent potential. Leasehold large premises, incl. craft shop. T/O 87/88 \$173,000, asking \$49,000 + SAV. Phone or write for a detailed profile, to Bob Wiseman, C/- Leven River Traders, 37 King Edward St, ULVERSTONE 7315. Ph: 004-254-884 BH, 004-255-746 AH.

BUSINESS OPPORTUNITY for enterprising couple to become Tasmania's leading alfalfa sprout producers. Tasmanian owned and operated under licence to nation's largest sprout producers, offering association with leading brand name plus extended range of health conscious lines. Well established su-

permarket and wholesale trade, \$240,000 turnover, business has shown excellent growth in rapidly expanding market. Price \$140,000 incl plant, equipment & stock. Options of lease on present premises with 4 b/r home in bush setting with lge. organic garden or relocation to new site. Genuine opport. for financial gain for couple willing to accept challenge of rapidly expanding wholesale business, yet retain grassroots lifestyle. Contact: Kim, AUSTRALIAN SUNSHINE FOODS TASMANIA. Ph: 003-522-978.

PUBLICATIONS

TEXTILE-FIBRE FORUM is the tri-annual colour magazine of the textile arts for Australia. Subscriptions are \$15.50 which includes membership in The Australian Forum for Textile Arts (2 year subscriptions are \$30). Sample copy of the magazine is \$5 postpaid. Send to AFTA, PO Box 77, University of Queensland, ST LUCIA 4067. Make cheques payable to AFTA. Good information on how to make things is included.

ORGANIC GROWING. A quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock and related subjects. Available at newsagents (\$2) or by annual subscription (A\$10 or \$12 overseas). PO Box 228, ULVERSTONE 7315.

AUSTRALASIAN SURVIVOR. The magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

IMAGINE (formerly Maggie's Farm) alternative network magazine. A unique experiment in access press run by a volunteer collective as a regular news service linking many citizen initiative groups and networks world-wide. Planet earth news, hues and views. Eco-action, health and healing, new technology, psychic reality and communal lifestyles. 4 issue sub. \$10. Imagine, PO Box 151, LAWSON 2783. Ph: 047-824-851.

NEXUS NEW TIMES magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental and physical health and enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$12 per year. NEXUS New Times, PO Box A556, SYDNEY SOUTH 2000.

'54 OAT BRAN Muffin Recipes'. 'Granny's Recipes, Remedies & Formulas'. 'Quick No Bakes' (over 100 recipes). '90 Healthy Packed Lunch Recipes'. 'Wine & Honey Recipes'. Send M/O \$8.00 each book: Joan Mackie, 42 Mayne St, GULGONG 2852.

FORM YOUR OWN Community. Detailed guide to forming a legal multiple occupancy. Includes: land selection, company formation, constitution, leaseholds, development application, building application, council problems, FHOS grants & more. Save thousands on costly mistakes & legal fees. Send \$100 to Greg Reid, Kiah Farm, Kyogle Rd, MURWILLUMBAH 2484.

GRASSIFIEDS

PUBLICATIONS

BEAT THE HOSPITAL CRISIS. Be self sufficient healthwise. 'Health & Happiness' \$5.00. 'Practical Home Healing' hydrotherapy treatments, quick relief for fevers, sprains \$7.00. Dr. Kimes health cassettes 'Health Restoring Diet' and 'Grease' gives truth about skin cancer & fats. \$7.00 each A-Z 'Guide to Natural Healing' \$7.00 all proved remedies. P Baigent, PO Box 365, GULGONG 2852. **HANDBOOK OF NATURAL REMEDIES.** 48 pages of useful information \$5. **LA MANCHA RECIPES** 70 dairy & egg free, vegetarian recipes \$4. Prices include post. La Mancha Health Centre, WOLLONGBAR 2480.

SISTERSHIP - The maritime magazine for women, informs, entertains & inspires. Do you fish, swim, row, sail, dive or simply dream? Sample copies available A\$25.00 p.a. PO Box 1027 CROWS NEST 2065. Ph: 046-266-740.

AGRICULTURAL catalogue 1988-89. A must for anyone agriculturally minded. Listing of books on a wide range of subjects eg. Animal Nutrition, Deer Farming, Self Sufficiency, Earthworms, Veterinary Science. Available free from Technical Book & Magazine Co, 289-299 Swanston St, MELBOURNE 3000. Ph: 03-663-3951.

'SOMEWHERE IN FRANCE - The War Years of Sgt Roy Whitelaw, 1st AIF 1914-1918' by Allan M Nixon tells what it was like to be a young soldier sent off to WW1 and how Australian forces became regarded as some of the best in the world. Signed copies available at special price of \$31.00 from author, 109 Forest Street, BENDIGO 3350.

'BEING HEALTHY' - The Australian Health Care Directory. Information about people, products, and services - natural therapy, nutrition, relaxation, personal growth and much more. Cost \$3.50. Available from most health food stores or send \$5 to Fran Napier, PO Box 304, BELGRAVE 3160. Ph: 03-818-5287.

'THE GOURDIAN' Gourd Magazine 2nd Edition is out now. Includes all your gourd information such as history, tips on carving, burning etc. Magazine incl. seed & book catalogue. Costs just \$3.50 per edition. Back orders are also available for 1st edition. John Van Tol, 187 George St, EAST MATTLAND 2323. Ph: 049-336-624.

'COOKING WITH LOVE' Wholefoods for healthy babies & children, by Christine Hepworth. 52 pages. Recipes using wholegrains, vegetables, soyfoods (tofu, miso, soymilk, fruit. All natural, no sugar etc. Information on pregnancy, breast feeding, weaning. Available from author, PO Box 69, LAWSON 2783. \$5 post paid.

A BOOKLIST of out of print and fine used books on biography, Australiana & miscellaneous subjects. Write: Robert Warburton, Box 386, HILLARYS 6025.

BOOKS - 'NEW & USED' - farm, needlework, plus numerous subjects. Send SAE with interests for list. Pamela, PO Box 263, MAYFIELD 2304.

DONKEY SOCIETY OF AUSTRALIA For information on magazine subscription, publications, books and the care of donkeys contact Federal Secretary, M M Smith, 'Warrawurra', Bushells Ridge Rd, WYEE 2259.

AUSTRALASIAN HEALTH AND HEALING - Journal of Alternative Medicine, Australia's major health care quarterly emphasising self healing and prevention of illness through measures which raise body defences. Sold at most newsagents and health shops. \$3.50 each and by subscription \$12.50 per four issues (1 year), \$23 eight issues (2 years). Write: Australasian Health and Healing, 29 Terrace St, KINGSLIFF 2487.

THINKING OF BUYING a health foods store? You will need 'In a Nutshell'. Australia's most comprehensive reference manual for the health foods industry. 'In a Nutshell' provides relevant, concise information on all facets of store set-up, operation & profitability. Write for free brochure: Taskdynamics, GPO Box 2020, WOLLONGONG 2500.

WANTED

KEMPSEY NSW AREA. Reliable working female seeks house to rent/caretake/share. Prefer coastal/rural. Willing to help with chores etc. J Walton, C/- PO Box 77, WEST KEMPSEY 2440.

PATTERNS MURR-MADE Tinker Tailor No's 230, 233, 205, 208, 207, 119, 132, 124, 123. Please write how much etc. Lyn McLeod, 8 Harcourt St, ASHWOOD 3147.

NEWCASTLE NSW AREA. Married couple require house with some land to rent/caretake, with possible view to purchase. Tighe, PO Box 401, NEWCASTLE 2300.

WANTED RELIABLE, self motivated, friendly, single mum (25-35 yrs) to share home, with young family. Must love country life and gardening. 1 1/2 hrs to Brisbane. Own transport. Contact Pammy 075-635-651.

NATIVE PLANT MATERIALS - wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices plus freight paid. Contact Peter Hunt, PO Box 53, NORTH-COTE 3070. Ph: 03-482-2677.

RENT/CARETAKE - couple 30's require farmhouse Maldon/Castlemaine districts. Building & gardening qualifications & experience. Employed, excellent references. Reply Will Perret, 102 Hargraves St, CASTLEMAINE 3450.

HOUSE & OR LAND anywhere to rent or buy. Have \$20,000. Ph: 049-873-279.

RESIDENTS OF GOONGERAH, East Gippsland are looking for teacher (qualifications not essential) to supervise 9 primary sch age children 2 days a week, 1990. Accommodation can be arranged. Teachers aide rates. Lily Cramer, RSD Goongerah via ORBOST 3888. Ph: 051-540-138.

WANTED one separator for house cow. B Palmer. Ph: 044-743-349.

**DEADLINES: GR 74 - JUNE 23RD
GR 75 - AUGUST 25TH**

WANTED TO RENT/CARETAKE - house in country or bush for Aug & Sept (June-July may be possible). We are 32 y.o. non-smokers, in need of a peaceful revitalising place to stay. We hope to buy land in the Upper Murray later this year. Meanwhile we'd like to stay in NSW/Vic tablelands, ranges, western slopes, preferably near a nat pk. All offers welcome. Please write Aileen & Bill, 'Tintuppa', Coonara Rd, OLINDA 3788. Ph: 03-756-7321.

MILKING COW desperately needed by 2 isolated elderly lady pensioners, Inverell area. Phone exchange 067-2572 line 10D. Help please.

URGENT - young couple seeking farm to rent or work for living quarters anywhere in Australia. Isolation no problem. Write to Lisa, 4 Vesta St. SUTHERLAND 2232.

HOLIDAYS

TAPITALLEE RETREAT offers clients a peaceful inspiring place to relax and regenerate. Dormitory style or twin share accommodation. Alternative buildings and technology & bio-dynamic & herb gardens. Our restaurant is open to the public 3 days a week for French vegetarian/white meats & seafoods. Priced from \$40 per day. For bookings contact: Sandi on 044-460-138.

FORSTER-TAREE. Escape to the beautiful Mid-North Coast. Very private, luxury family cottage with all mod. conveniences on 1000 ac. pastoral & forest retreat. Linen supplied. Horse riding, fishing, swimming pool, tennis. Guided farm walks & horse rides. 20 mins. to beach. From \$55 per night for family of 6. Brochure 065-543-162.

LA MANCHA HEALTH CENTRE, Wollongbar 2480. Help with medical problems or just have a healthy holiday. \$295 p.w. For brochure 066-295-138.

NATURALLY RECHARGED you will feel after few days of rest, relaxation, natural therapies & wholesome vegetarian food on our beautiful 423 ac. nature sanctuary & wildlife refuge in peaceful valley on Mid-North Coast - close to rainforest, beaches, historic timber town, learning/leisure/environmental awareness activities for children & adults organised. Internatura, PO Box 119, WAUCHOPE 2446. Ph: 065-871-132.

A TRANQUIL PLACE with no distracting noisy entertainment, for meditation, birds, wildlife, quiet conversation, walking. 1 1/2 hrs from Brisbane. Accommodation & all vegetarian meals in our home or detached stone cottage. \$25 per day. Ph: 075-867-385.

LOOKING FOR MORE meaning in your life? Women are invited to stay at our rural property one week or longer during Sept 11-30. Opportunity for exploring meditation, communication, crafts, plus rest, refreshment. Food, accommodation free. Write, Sister Helen, Sisters of the Church (Anglican), Dondingalong, via KEMPSEY 2440. Ph: 065-669-244.

BED & BREAKFAST, 23 km north Grafton. Full home grown breakfast, farm animals, bird watching, walking, handy to coast, many local beauty spots. Ph: 066-447-755

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GARDEN AND ORCHARD

BIODEGRADABLE seedling protectors. Protect new seedlings from animal browsing for under 10c each. SAE (lge) to IRS, PO Box 67, BRUTHEN 3885. Ph: 051-575-562.

SEEDS OF UNUSUAL useful plants, oriental, Asian vegies, curiosities, fragrant, sub-tropical fruits, 60c for list. Send 2 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

HONEY LOCUST SEED. Propagate your own, \$10 packet 60 seeds. Postage & information included. Yarralaw Shade & Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

BELLINGEN VALLEY Rainforest Seeds specialises in large & small scale rainforest regeneration. For notes on rainforest regeneration & our catalogue plus a gift packet of seeds please write to us at Bellinggen Valley Rainforest Seeds, Private Bag, BELLINGEN 2454.

RED MAIZE CORN. Open pollinated old variety. Organically grown. Flour grinding grade \$4.00 kg. Prime seed grade \$2.00/100 g or bulk at \$10.00 kg plus freight. Available June. Order now. 'Corinna', KIAH 2551. Ph: 064-962-163.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6.00 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

KINGS SEEDS - 440 seed varieties herb, flower, oriental & gourmet vegetable, & dried flowers. Sorry our 1987-89 catalogue has been sold out. Send \$1.20 in stamps for 1988 colour supplement which lists all varieties or SASE for order form. Two wall charts - using herbs \$3.75 ea. plus p + p \$2.00. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

CALENDAR EVENTS

BERRY SHOALHAVEN SPINNERS & Weavers annual exhibition June 10th, 11th, 12th. Berry School of Arts. Admission free, fashion parades, garments for sale. Enquiries Ph: 042-342-185.

CONVENTION - discussion on philosophy, religion, politics, education, economics, social life. Held 19-22 October, 1989 in beautiful setting in Padanaram Settlement, Indiana USA. Contact Rachel Summerton, Box 478, WILLIAMS IN. 47470 USA. Ph: 812-388-5571.

SERVICES OFFERED

REINCARNATION: if you would like to learn how to probe your soul's akashic records & discover its past lives & present day past-life influences, connections, soul mates, karma & destiny, within THIRTY DAYS, write & request a free brochure on the easy to follow Home Study Do-It-Yourself-Past-Life-Recall-Program. Please incl 80c stamp for a prompt reply. Post to: Brother William, PO Box 129, Stones Corner, BRISBANE 4120.

RELAXING MASSAGE. \$7.50 1/2 hr. Phone Geoff: 053-312-581 BALLARAT.

**DEADLINES: GR 74 - JUNE 23RD
GR 75 - AUGUST 25TH**

CLAIRVOYANT INTERNATIONAL. Your future, your life's path is always fascinating. Send \$30, date of birth and recent photograph (returned) to Patricia Coleman, 1 Francis Road, TERRIGAL 2260.

INTERNATIONALLY RENOWNED Romany medium. Clairvoyant, tarot, psychometry, herbal remedies, past life therapy, any problems you may have. Date of birth required. Satisfaction assured, taped reply send \$30. Maggie Armstrong, Te Wai Marama, PO Box 311 THAMES, NTH ISLE, NZ.

BRICKLAYERS, Northern NSW, experienced in creative work, fireplaces, stonework, mudbrick etc. Renovations, extensions, cottages etc. Also licensed roof-tilers - supply & fix. 20 years experience. Lic. No. R65372. Ph: 066-339-169.

BIO BIRTH CHART. More than a horoscope, this is a practical reference for personal growth throughout the recurring seasons of existence - an individually researched & personalised guide to the flow of natural cycles in your life. \$50 incl. several pages of written explanations. Send cheque with name, address, place, date, time of birth to PO Box 119, WAUCHOPE 2446.

ADOPTION CONTACT REGISTER for all states of Australia. Write to NACR, PO Box 326, MALENY 4552. (Maple St, Maleny).

BUSINESS FOR SALE

NTH FLINDERS RANGES SA - modern fully equipped bakery and health food store. Famous for our pasties and quondong pies. Suit enterprising couple who want to live in the bush, situated at Copley, 6 km nth of Leigh Creek (pop 2600). Bake only 4 days a week, 6 hrs day. We will fully train you and work with you as long as you need. Returns on initial investment 30%, annual T/O \$195,000, price \$160,000 WIWO. No competition as there is no other bakery betw Pt Augusta and Birdsville. Avail for cheap rent, renovated 2 B/R stone cottage on double block. Detailed folio available. Ph: Bob & Sue Tulloch, 086-752-683 BH, 086-752-204 AH.

MISCELLANEOUS

CHIP HEATERS. No electricity needed for instant hot water, operates from town or tank water supply. \$170 incl p + p. 'Heaters', 358 Centenary St, ALBURY 2640. Ph: 060-215-469.

LOW SPEED GENERATORS for wind-mills, water turbines, steam engines. The definitive book: 'The Homebuilt Dynamo' (1987) 182 page, 8 1/2 x 12 in hardback. Generator design & construction with ceramic magnets. Complete plans, 268 photographs, step-by-step construction details. Post paid airmail \$85.00 (brochure \$5.00 refundable). Todd-Forbes Publishing, PO Box 3919, AUCKLAND, NZ.

SAVE AND DO IT the Quick Brick way. Quick Paver, Quick Brick, Quick Form (in situ block maker) and Quick Ram (earth block machine, Cinva ram type). The fastest & easiest machine avail in Aust. Send SAE for brochures to Quick Brick, PO Box 627R, GYMPIE 4570. Ph: 071-827-099 anytime. You can do it yourself the Quick Brick way.

CASSETTES of beautiful, relaxing zither & guitar music. 3 titles: 'Strings of Love', 'The Peacock's Dance', 'Le Long Voyage'. \$12.50 ea. The Lyrebird School of Music, 63 Morrie Cres, NTH BLACKBURN 3130.

HYDRAULIC MUDBRICK PRESS powered by 11 h.p. Honda makes mudbricks the easy way. \$4250. T Stewart, PO Box 210, CAPEL 6271. Ph: 097-272-642.

MAIL ORDER MEDICAL SUPPLIES. Price list avail. from PO Box 83 INGLEWOOD 6052.

MEDITATE on the inner Light & Sound & transcend body consciousness under the guidance & protection of Master Sant Darshan Singh. True spirituality is a gift from God & is given free of charge. For further information, please contact Sawan Kirpal Ruhani Mission, 63 Morrie Cres, BLACKBURN 3130. Ph: 03-898-8950.

EARTHWORMS the 'Speedy Breeder Compost Worm' revolutionises your compost & transforms your garden. Just \$12 per 1000 worms. Price incl. postage Australia wide & pamphlet on worm care. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

THINKING SOLAR but cost has you stopped? It may be cheaper than you think. For free quote, in NSW write to Solarforce Australia, PO Box 586, KEMPSEY 2440.

BATTERIES - Exide Faurex 2V, 400 A/hour deep cycle, as used by Telecom, latest series, suit alt. energy set up, \$100 each or 6 for \$500. Ph: LISMORE 066-849-185 or WISEMANS FERRY 045-664-448.

POT BELLY STOVES. Forced air design incorporating Venturi system. 5 cu. ft. top loading ensures safety & will burn for days without going out. \$250 ea. For more information: D Simpson, C/- 14 Sixth Ave, CHELTENHAM 5014.

VIBROSAUN THERAPY UNIT Combination sauna massage. Very effective for weight loss, arthritic conditions, tension, muscular aches & pains, promotes healing sporting injuries etc, suitable for masseur or private use. Further details Ph: 053-355-629 BALLARAT.

BLUE DAZZLER Torch/Searchlight. Powerful 30 watt beam & heavy duty battery rechargeable with ordinary 12V charger. Direct from factory price \$75 each. G B Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

REVERSE OSMOSIS WATER FILTERS - highly advanced form of water purification - 3 filters in this portable unit - 99% removal of bacteria, chlorine, DDT & other toxic chemicals. Gillian Summerbell, PO Box 1519, HORNSBY 2077. Ph: 02-477-2838.

GRASSIFIEDS

OPPORTUNITIES

CARETAKING POSITION. Caravan and use of 1 ac irrigated creek flats in return for mowing and brushcutting 4 ac. Equipment and fuel supplied. Situated Tyalgum near Murwillumbah. Liisa Hobler, 9 Warana Ave, Bray Park, MURWILLUMBAH 2484. Ph: 066-722-196.

OPPORTUNITY/LIFESTYLE – working partner with some capital needed to help establish accom venture, rural retreat in beautiful valley, adjacent national park, only 45 km Melbourne GPO. Healthy, restful environment, home grown vegies, house cow, etc. Limited guest numbers, personalised service, enquiries from independent women welcomed, but all replies considered. Write C/- PO Box 88, HURSTBRIDGE 3099 or Ph: 03-710-1703.

GENUINE GR COUPLE required to work organic vegie garden, 2 1/2 ha (5 ac), estab, with local sales. Must be: honest, reliable, non smokers/drinkers. No cats or dogs. Free caravan. Selling experience an asset. Irrigation, elect, unlimited water, great potential. Ph: 066-492-577.

DEAR FRIENDS, Hello I'm Shane. I'm interested in sharing someone's simple sincere, partly or fully self-sufficient lifestyle. I'm 22, hardworking, adaptable and a qualified geoscience fieldhand. Please write Shane Robertson, 7 Vaughan Gardens, NARRABUNDAH 2604.

ISOLATED ROADHOUSE sth Broome WA needs personnel, 20 to 30 years old. Single female accom avail. Duties include fast-food, shop, waiting and cleaning. Experience not necessary, good customer relations a must. Family business est. 1970. Further information obtainable. Ph: 091-765-944, or write to Barni Norton, Sandfire Roadhouse, via PT HEDLAND 6721.

COMMUNITY FOOD CO-OP in Katoomba, Blue Mountains. Interested in making contact with other food co-ops. Also needs suppliers of organic/biodynamic fruit, vegetables, herbs etc. Please write to Community Supplies, PO Box 305, KATOOMBA 2780.

YOUR OWN BUSINESS, become independent with additional income or full time business. For details SAE to B Cox, PO Box 624, IPSWICH 4305.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes and breads at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives' Assoc. Write for catalogues to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl. 3 stamps. Ph: 03-795-2725. Distributor enq. welcome.

COURSES

MUDBRICK & DESIGN. Intensive weekend course run by Earthways, 150 km nth Sydney – \$90 incl meals. Send SAE to Earthways, WOLLOMBI 2325.

PERMACULTURE DESIGN certificate course 6th-19th August 1989 inclusive at Crystal Waters Permaculture Village, Maleny, Qld. Fully certified course. Tutors: Max Lindegger and Frances Lang. Fee \$550 (registration \$100) incl lectures, practical design, all meals and camping facilities. Information/registration: Frances Lang, 'Crystal Waters', MS 16, MALENY 4552.

WICCAN HOME STUDIES. Select one choice of correspondence training from: Aromatherapy (dipl); certifi. courses – Psychic Self Development; Psychic Healing, Safety and Security; Wicca. Free brochure for one choice. Clair & Simon Lorde, PO Box 80, LANE COVE 2066. Ph: 02-699-6166. BH. Taped psychic predictive readings, free brochure.

PERMACULTURE DESIGN course for city gardens in Melbourne. The course will teach you how to create an attractive, healthy and productive food garden and save energy in your house by establishing a natural system that functions without the use of artificial chemicals. The place is Melbourne, Brunswick City Farm. Two weekend course, total of 26 hours. Cost \$180, conc \$130. Pro-Nature, 2 Saxon St, BRUNSWICK 3056. Ph: 03-387-7196.

SELF SUFFICIENCY courses: establishing an organic vegie garden. Saturday 26 Aug, 23 Sept, 28 Oct, 25 Nov 89, 8.30-1.30 pm. Comprises lectures, notes, practical experience. 20 years experience in organic gardening: Mendi Farm grows vegies, berries, grapes, fruits, nuts. Bookings: Gordon & Pia Trewin, PO Box 325, EMERALD 3782. Ph: 059-688-879 after 5 pm.

PERMACULTURE – introduction and designer courses held at Australian School Applied Permaculture, Taree. For information contact Lee Everingham, Diamond Waters, C/- PO, DUNBOGAN 2443. Ph: 065-598-807.

PERMACULTURE DESIGN COURSE – practical design for homes, gardens and farms 2nd-15th July, 1989. Teacher: Lea Harrison. Intensive 12 day, on farm, residential course, in NE NSW, incl lectures, slides, videos and practice in designing. No previous experience necessary. Cost \$400 covers tuition, food & accom. Contact Lea Harrison, Stoddarts Rd, TYALGUM 2484. Ph: 066-793-242.

HANDCRAFTS

DO YOU WANT a fleece spun anytime during the year? Ph: 03-725-0140. Reasonable prices.

TEA TOWELS, pure linen, blank for screen printing. Shipped COD anywhere in Australia. Details from King Koala Designs, PO Box K532, HAYMARKET 2000. Ph: 02-358-6783.

HANDMADE 100% pure Samoan coconut oil toilet soap, no animal fat, medicated with papaya, lathers equally well in salt water. Pack of twelve 120 g cakes A\$16 post paid. Island Styles Ltd, PO Box 139, Apia, WESTERN SAMOA.

TARTAN SCARVES. Hand woven, pure Australian wool, most setts, 5 ft x 10 in \$46. Small wall hangings 30 in x 14 in \$50. SAE: Wallace Barns, 204 Civic Parade, ALTONA 3018. Ph: 03-398-1153.

POTPOURRI & SACHET SUPPLIES, the Australian company with a traditional flavour, catering to all requirements, the beginner to the chain store. We select from worldwide sources to offer you the best at the lowest prices in Australia...Economy and traditional potpourri, flowers, fragrant oils, plus a wide range of fragrant gifts, incl the most attractive, useful, fragrant pot in Australia. Write for free catalogue or visit our showroom. Potpourri & Sachet Supplies, PO Box 53G, NORTH-COTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

ESSENTIAL OILS, potpourri & natural products for aromatherapy and craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics and household products. Our extensive range includes: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery containers. Buy from us direct, small or bulk sizes, and save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND 3121 or call in at our shop, 68 Burwood Rd, HAWTHORN 3122.

SERVICES OFFERED

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ADOPTION CONTACT REGISTER for all states of Australia. Write to NACR, PO Box 326, MALENY 4552. (Maple St, Maleny).

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RELAXING MASSAGE. \$7.50 1/2 hr. Phone Geoff: 053-312-581 BALLARAT.

CLAIRVOYANT INTERNATIONAL. Your future, your life's path is always fascinating. Send \$30, date of birth and recent photograph (returned) to Patricia Coleman, 1 Francis Road, TERRIGAL 2260.

INTERNATIONALLY RENOWNED Romanymedium. Clairvoyant, tarot, psychometry, herbal remedies, past life therapy, any problems you may have. Date of birth required. Satisfaction assured, taped reply send \$30. Maggie Armstrong, Te Wai Marama, PO Box 311 THAMES, NTH ISLE, NZ.

GRASSIFIEDS

SERVICES OFFERED

BRICKLAYERS, Northern NSW, experienced in creative work, fireplaces, stonework, mudbrick etc. Renovations, extensions, cottages etc. Also licensed roof-tilers - supply & fix. 20 years experience. Lic. No. R65372. Ph: 066-339-169.

CLUBS AND SOCIETIES

THE AUSTRALIAN HERB SOCIETY INC, PO Box 110, MAPLETON 4560. Members receive quarterly magazine & access to free seed bank & cassette library. Write to the Secretary for further information.

ALLERGIES - National Allergy Association of Australia. Information, education, counselling, membership, bulletin. Write to Head Office: PO Box 280, PARRAMATTA 2124.

LIVESTOCK

BEEES - nucleus hives \$37 each. Italian or Caucasian queens. Orders now being taken for spring delivery. Write or ring for details: A M & B J Wallace (The Honey Works), RMB 2039, YARRAWONGA 3730. Ph 057-443-440 AH.

CONTACTS

SPIRITUAL WOMAN, 31, vegetarian, non-smoker, intelligent, open-minded, independent, one child. Interests include health, massage, birthing, parenting, education, music, yoga, environmental issues, animal welfare, philosophy. Seeking a relationship of depth and trust with a spiritual partner who is flexible, tolerant, practical and who has a good sense of humour and a positive attitude towards life and all that it has to offer. Please contact E.H, C/o Box 764, SHEPPARTON 3630.

OUTDOOR GUY with small farm SE Qld seeks lady to 38 interested in self-sufficiency farming lifestyle. He's slim 5 ft. 3 in., capable, good cook, SD/NS, sense of humour. Enjoys good music, gardening, beekeeping, looking at the stars, good company, bushwalking and campfires. She's similar, practical, loving, not religious crank or into drugs, wanting to share enjoyment of life. ALA. David, PO Box 6189, TOOWOOMBA WEST 4350.

MELBOURNE VEGETARIAN, 40 yo, tall intelligent, affectionate, non-smoking, lots of interest and easy to get along with, wishes to meet loving, sincere woman, 30-50, for friendship and possibly permanent relationship in which the traditional male-female roles are reversed. Please phone Greg 03-862-1686 any morning, or write to PO Box 440, RICHMOND 3121.

WISTFUL EDUCATABLE MALE, healthy, unattached, seeks educated financial, practical female, tallish, humane, non-addict, (ex-nun okay) to 40's, with/without property/child. Let's find ha. near Gatton, Armidale, Wagga, Hobart or similar; pursue crops, crafts, natural therapies, low-keyed avocations, rapport. Realistic overtures welcome. Ph: Findlay 02-630-8839, or C/o PO, DUNDAS WEST 2117.

DEADLINES: GR 74 - JUNE 23RD
GR 75 - AUGUST 25TH

33 YO MALE Capricorn, a little shy, moderate smoker, interests bushwalking, mud homes, riding, massage, organic biodynamic life, can and will build own home. Interested in sharing life with down to earth woman to 35. Must be independent and want to be with 'one' man, who can do it all for you. Peter Murk, 2 Tourella St, MITCHAM 3132.

SYDNEY WOMAN 50 YO seeks natural lifestyle male, presently in this city, for talks, walks and inspiration. Jean, C/o PO Box 197, ROZELLE 2039.

GEMINI/CANCER GUY. Attractive 39 YO, sensual, honest, caring, non-smoker, social drinker. Have just returned from Europe and hope to settle down in GR lifestyle with my soul mate. Love the ocean, nature, music, gardening and life! Contact Robert, U4/62 Taylor St, PIALBA 4655.

GERMAN WOMAN, 39, good income, educated and intelligent, vegetarian, children 6 & 9 years old. Would like contact with other single parents. 80 km SE Brisbane. Ph: 075-631-197.

ADVENTUROUS, PRACTICAL, dependable, affectionate guy (40). Would like to develop and share yacht cruising, self-sufficient lifestyle with fit non-smoking lady. Other interests include music, massage, hiking, riding, camping, travel. Rick, Box 4785, DARWIN 0801.

SINGLE, YOUTHFUL 50 YO Libran male 5 ft. 11 in., vegetarian of healthy mind and body. Quiet natured pacifist. Enjoys ocean, beaches and mountains, cycling, bushwalking, tennis, reading, music, conversations, children, organic gardening, theatre. Non-smoker with no hang ups. Any lady with similar interests please write to Ron, C/o PO Box 764, SHEPPARTON 3630.

WIDOWER 5 YEARS, age 60's, found you need company on long trips. Like to hear from a lady, respectable non-drinker/smoker, interested in trip to Perth (July-Aug) 4 berth campervan, or drive own car in duo. Phone 049-282-459.

GOOD LOOKING country girl living on parents' sheep farm. Would like to correspond with outgoing nature loving guy between 35-39. Elizabeth, C/o PO Box 764, SHEPPARTON 3630.

SINCERE, ATTRACTIVE, emotional, affectionate, Gemini lady 53, needs a real person who cares, very loving man who loves life, nature, actively interested in outdoors, travel, music with feeling, spontaneous by nature, not set in ways. Possibly younger, as young feeling to settle with - preferably not in SA. Warm climate, beautiful place. Reply C/o Ward, PO Box 143, GLENELG 5045.

ARTISTIC LADY 36, well travelled, educated, spiritually inclined, environmentally aware, enjoys children, healthy food, country life, music, reading, history, philosophy, seeks caring relationship with sincere like minded man 35-45. Susannah, Box 217, SOUTH LISMORE 2480.

GENT 57 YEARS, non drinker, non smoker, no drugs. Has small shop, would like to meet lady for friendship or companionship. Bill, PO Box 179, WEDDERBURN 3518.

SINGLE MALE 32, Honest, caring, loves children, pets. Non smoker, drinks socially, loves surfing, travelling, working, good eating habits. Love to see Australia and settle down in right place. Write to Peter, C/o Community Mail Bag, MT CARBINE 4871.

SINGLE LADY LIBRA 44, cuddly, N/S, SOH, seeks financial man, into alt. lifestyle. Must be N/S, social drinker OK, no drugs. Live 4 ha rural block, no SEC, have solar power, windmill, tel. School bus. I have a daughter 8, Interests swimming, photography, music, reading, birds, animals, tropical plants, conversation. Somewhere out there, there must be a soul-mate looking to relocate to Broome? Box 135, BROOME 6725.

BACHELOR 35, SPIRITUALLY aware, kind considerate, tall, slim. Interested in music, photography, alternative living, bushwalking, beaches. Special interests full moons, sunsets, sunrises. Seeks to correspond with lady/ladies to share thoughts, feelings and conversation with view to compatible future. Reply to Jurek, C/o 52 Argyle St, 17 MILE ROCKS 4073.

MALE FIT HEALTHY, takes a beer, 500 acres of land, good house on main road. Seeks woman interested in country living Snowy Mountains area, must be versatile. C/o PO Box 940, COOMA 2630.

MAN 39 WITH two children. I am seeking an energetic vegetarian lady to share life on mixed fruit property in the Riverland. Likes good company, fishing, skiing, dancing, in excellent community. Contact Bruce Gillies, C/o PO, MONASH 5342.

MALE 27 SINGLE DAD, Capricorn, with 2 1/2 year old son. Seeks lady in similar circumstances, who would love to live in beautiful valley near a permanent stream in the Victorian Alps, not far from the snowline, with plenty of native bush just over the fence to explore. Please reply to Brett Lee, Gibbon River via BENAMBRA 3900.

LADY 54, 5 ft. 5 in. medium build. Interests gardening, animals, books, surfing, swimming, love country life, but cannot cope with loneliness. Would like friends, male & female. Lynda, C/o PO Box 764, SHEPPARTON 3630.

I AM EARLY FORTIES, 185 cm/85 kg, healthy and wanting to meet a sincere happy lady for shared enjoyment of country living, horticulture, travel, bush-walking, with view of permanent relationship. Please write in confidence to Gunter, JOHNS RIVER 2443.

SINCERE, AFFECTIONATE woman, 40 yrs, 5 ft. 8 in., slim, blonde. I enjoy many things, including the bush, gardening, animals, seaside, Tai-chi, literature and conversation. I have a happy life with my two children and friends and would like to share it with a man who is sensitive and caring, with a sense of humour, interested in our environment, willing to communicate and put energy into a relationship. (Living in Brisbane). Judy, C/o 123 Jubilee Tce, BARDON 4065.

CONTACTS

CHRISTIAN LADY ,50, active, very affectionate, professional, living in country town SE QLD. Seeks committed christian gentleman, non smoker to correspond first, with view perm. relationship. Interests varied but christian commitment of prime importance. Write Del, PO Box 764, SHEPPARTON 3630.

QUIET VEGETARIAN GENT, 50 slim, 5 ft. 10 in., non smoker. Recently arrived in Melbourne, wishes to meet lady under 45, exchange ideas, share plans, enjoy life. Phone 03-572-1471.

DIVORCED 60 YO AUSSIE non-smoke/drink/gamble, seeking presentable lady for peaceful coastal move. Christian but not religious crank, non smoker, preferably non drinker, honest, non greenie/conservationist. Total loyalty offered and expected. Hope you don't mind motorcycles/motorcycling. Bob, C/o PO Box 764, SHEPPARTON 3630.

HELP! Are there any sincere, affectionate, down-to-earth females out there? Virgo male 23, adventurous, caring, wilful, blue eyes, seeks female soul mate to view friendship and permanent relationship and to relocate on safe secluded acreage mid North Coast NSW. Interests include bushwalking, camping, travelling, conversation, quiet music. No religious or other cranks please. Reply to Mark, C/o W C Byma, Elands Rd, BOBIN 2429.

MELBOURNE WOMAN 46, slim, sensitive, sensual, spiritual, student in alternative medicine. Enjoys films, theatre, seeks similar man, any nationality but sense of humour essential. Phone 03-499-6133.

SINGLE MALE 32 YEARS, 6 ft. 2 in., 11 st, non smoker, social drinker, working towards own piece of land and GR type lifestyle. Seeks lady to share my dreams 18-30, permanent relationship. Replies to Simon, PO Box 329, MERIMBULA 2548.

MALE 47, SEPARATED, interests: fitness, health, naturism, dancing, music (listening and playing – keyboards), computers. Seeks correspondence with people with similar interests. Geoff, PO Box 246, BALLARAT 3350.

25 YO FEMALE, planning on travelling around Australia later this year. Staying at YHA Hostels, visiting communities and other similar places – also camping. Love to have company of a guy to share this with – maybe travelling by motorbike. Open to suggestions, quiet (but need to rage now and then), and enjoy being out on the open road. So if you feel compatible (I'm Virgo), wish to travel, please write and share ideas. Zel, C/o PO Box 764, SHEPPARTON 3630.

COUNTRY GUY 38, living Sydney. Interests, travel, scuba diving, photography, agriculture, gym. Moving to Pacific island paradise 1990. Would like to share ideas on a GR lifestyle and maybe a life together, with American, Canadian or Australian lady up to 37. Please write to Tim Carroll, 23 Kathleen St, NORTH RYDE 2113.

ATTRACTIVE INTELLIGENT MALE, 31
yo, 6 ft tall, slim, blue eyes, brown hair &
moustache. Living north coast NSW. Enjoys
doing almost anything outdoors, fishing, night
out & home life. Own home on 3 ac, seeking
slim attractive lady from any area, 18-34,
who'd like to settle down in the country, by
the seaside. Write Geoff, C/o PO Box 764,
SHEPPARTON 3630.

GR WOMAN, 31, non smoker, interests include country life, animals, good company, food and health, philosophy. Seeking sincere friendships, perhaps with a view to more, if compatible with healthy, caring, honest and open-minded males (25-35 yrs), living between Sydney and Tasmania, preferably living near the coast. Barbara, C/o PO Box 764, SHEPPARTON 3630.

33 YO, BLOND, green eyed, slim guy, semi professional, world travelled, likes the simple life. Would like to meet a lady in the Mareeba or Atherton areas. Please write to Doug, C/o PO Box 764, SHEPPARTON 3630.

VEGETARIAN - CANCER MALE, 1.87 m
(6 ft 1 in) slim, spiritual, mature, German,
versatile, creative, non-smoker, non-drinker,
non-conformist, would like to meet a nice
attractive tall dark-haired female 22-34 with
similar interest in art, music, meditation,
spiritual/wholistic healing etc. (possible Scor-
pio or Pisces). Please write if you are a
vegetarian and your heart is ready to meet an
honest, sensitive, emotional natural man.
Happy Soul, GPO Box 2060, ADELAIDE
5001.

NEEDED! One special man, Taurus, Pisces or Scorpio, for special Cancer/Pisces woman, 41, teenage children, quiet nature, loves music, dancing, good movies, crafts, gardening and outdoor life, aims for self-sufficiency. He should be late 30's/early 40's, deep thinker, have good body, dark/greyish hair, gentle touch and loving caring approach to life. Must love country, kids and animals. Someone to share my dreams. Write to Lelli, C/o PO Box 764, SHEPPARTON 3630.

INTRODUCTIONS, soulmates, friends, understanding help, Full details, SAE, 'Consultus', PO Box 105, CLONCURRY 4824.

DEADLINES: GR 74 – JUNE 23RD
GR 75 – AUGUST 25TH



When working out the cost of your Grassified don't forget to count your name and address if they are to be included in the advertisement

[illegible]

Feedback Link-Up Feedback

Go'Day all,

I'll bring you up to date with happenings at COL'S PLACE. Much has been done since my last story 'Reality at a Price' (GR 65), also letters in GR 68 and GR 70. I said that I *can* and *will* start again and now April '89 have done just that. The secret? Good friends and a positive attitude! I have five acres, and wished to 'grow vegies'. I vowed in '85 that I'd never take on such a great workload again, so now I have several families involved with the 2½ acres we have under crops that include 1000 tomato plants, pumpkins, zucchinis, lettuce and cucumbers, all organic – the biodynamic part just hasn't materialised. In just 6 months from a bare block, we have the place looking great – a 14 x 7 m (46 x 23 ft) shadehouse, an irrigation system, no poisonous sprays, have brought the birdlife back again. The birds are waiting at dawn on the wire fence, and when I say 'Go' they're off along the rows searching for and devouring all the grubs. A new 22,500 lt (5000 gl) concrete rain tank completes the scene.

Next project is to phase out costs, electricity, diesel and petrol for water pumping. Solar or windmills? And possibly a yacht to have a little fun around some of the nicest waters on the east coast, with over 17 islands just offshore. Life is hard isn't it? I still get around in bare feet, clothes from St Vinnies, and a contented smirk/smile that says it all. I *can*, *will*, and *did*!

**Col Statham
Lot 1 Sherwood Ck Rd
UPPER CORINDI 2456.**

Dear Grass Roots Readers,

Some 2-3 years ago (perhaps longer) I read a reply in *Grass Roots* on how to SEAL A LEAKING DAM (ground tank) – I think it was a letter in Feedback Link-up. I have looked through my back copies without success. From memory it was to add borax (sodium boron oxide) but I do not remember how much or how to apply (if indeed borax is the material). I am aware that bentonite is available, but at \$15 plus per bag and fair quantities being required, the cost can be uneconomical. Can anyone suggest an economical method of sealing a dam with a fairly readily available material?

**Alan Attreed
42 Boronia Grove
HEATHCOTE 2233.**

Dear Grass Roots People,

Just a note to say thank you all for such a great magazine and a very special thank you to Megg, David and staff for making it all possible. I have been a reader now for about three years and have written direct to answer a few problems. I have received some lovely replies but others just have not bothered to reply.

A little over a year ago we sold our business and purchased a near new weatherboard home on two acres of hard packed red clay, devoid of top soil – so no weed problem – situated just four miles due west of Echuca PO. The soil being hard packed means no drainage but in this case not only is there no drainage but being flat country there is virtually no place to drain to. To overcome the soil problems we have added an application of natural gypsum. I refuse to use byproduct gypsum as I believe it contains fluoride which is an aluminium byproduct which is toxic to all know life forms. We have planted a few trees, like 156 in the first two months of being here. I have lost count of how many other trees, fruit trees, grapevines, shrubs and vines we have planted since. Yes we have had a lot of trees and shrubs die but we still have a lot left. We now have a beaut flower garden and a very nice vegetable garden.

For the garden area we brought in many loads of animal manure which I dug into the soil using a garden fork. I like the no dig system of gardening but found that just spreading the manure on top did not work – not enough soil organisms. The earthworm population here hibernates during the summer. The natural condition of the soil in summer is too hard and too dry for them to work.

Now for a few suggestions: anyone relying heavily on ANIMAL MANURES to increase fertility in the soil as we have done will probably find the acidity of the soil will rise and will need to be corrected. I believe dolomite is best but we used agricultural ground limestone (this is a natural rock pulverised into powder).

Hint for POLY PIPE users: If you do not bury it deeply when you install it you may find, as we have done, that you can easily stick a garden fork into it. Suddenly you find you have a water spring in your garden that you didn't know about. To make an emergency repair, turn the water off! Take the inner tube of a bike or motor bike tyre, car or truck inner tube, cut into strips and bind tightly around the pipe for about 75 mm (3 in) each side of the puncture. I have used this on pressure up to 60 psi.

To Martina Battig (GR 71, p. 9), treatment of TIMBER FOR FENCE POSTS: I would suggest the use of creosote. Soak the end of the post that goes into the ground in a drum of creosote. Creosote is one of about 2000 products derived from the distillation of coal i.e. coal used for the generation of gas as in town gas supply. You can make a good cattle fence with the posts 40 m (132 ft) apart using HT wire.

To Trudi Murray (GR 71, p. 11), re KIKUYU GRASS: sorry, but other than chemicals (not very effective) the only way to get rid of kikuyu grass is to dig it out. Note kikuyu grass, like couch grass, grows only from the nodes or joints along the runners. In good soil it only needs a piece of stem or runner 6 mm (¼ in) long with a node for it to take off again. I have known a runner to follow down the root of a dead tree and sprout up from over 60 cm (2 ft) deep and until the nodes were dug out they continued to sprout. I suggest that around the fruit trees you wait for the trees to go dormant before you dig too much around the roots.

To Jim Smith (GR 71, p. 80), re pyramid: from what I have read, a pyramid to be effective can be built of almost any material but the only metals that can be used effectively are pure aluminium or pure gold. The important things are exact proportions i.e. base to height, and the pyramid must be exactly aligned N/S/E/W, erected in an area where it is predominantly higher than its surroundings.

To Dianne Baker (GR 71, p. 80), re VEGETARIAN MEALS without cheese: I have 2 books, between them they have many recipes that do not have cheese – *Feasting on Raw Foods*, over 350 healthy no-cook recipes, edited by Charles Gerras, and *Sensational Vegetarian Salads*, crisp colourful and delicious dishes for all seasons, by Desda Crockett. Both these books have been recently purchased from Libro Books and are low priced. Re your garden problems: you have probably inherited them from your previous owners. They may have used poisons and upset the balance and it may take a while to set things straight. Check your drainage, check the pH of the soil, try to do without torture products like blood and bone, also artificials of any kind are a no no.

To D Dee (GR 71, p. 81), re request for FRESH SEED: this question is already answered in GR 71, p. 79. Once started, save your own – you will never get fresher. Join the Seed Savers Network, Box 24, Nimbin 2480. It is not true that where you have those little black ants you do not have white ants. It is true that those little black ants carry off the white ants, but the white ants seem to have some way of locking the black ones out of their works.

To Sally Roddom (GR 71, p. 81), re eating hens' eggs: yes, providing the birds are healthy, the eggs may be eaten either raw or cooked. There are those who say that an infertile egg is not complete and should not be eaten. Why don't MUD BRICKS melt? Mud bricks do melt, much to the horror of our next door neighbours. They had a full house lot stacked up with plastic sheeting over them, but the sheeting instead of running the rain water off channelled the rain water in and more than half of their stack was ruined. They sold up and moved out. We live on the border of NSW and Vic. If you think our area could be suitable for you, write and let us know what you are looking for and we will check it out for you.

To Marshall de Leon (GR 71, p. 81): you expressed my thoughts and feelings towards *Grass Roots* so well that I suspect you read my mind and put it into words that I could not express. Love and peace to you all.



**Aif Pickens
PO Box 759
ECHUCA 3564.**

Feedback Link-Up Feedback

Dear Megg and Everyone,

I feel guilty! I have often read queries in Feedback letters and thought, 'I know the answer to that, must write'. I never have. I hope this makes up for my laziness.

For Lucy Smiechura: here is the safe and effective method for KEEPING NAPPIES SOFT, white and stain free. Soak nappies in 3 tablespoons of bicarb soda dissolved in a tub of warm water. To the wash, add 1/3 cup of washing soda and 1 1/2 cups soap as machine is filling. Dissolve before adding nappies. If the water is hard, add 1/4 cup of vinegar to the first rinse. The washing soda will work for all your wash. Add vinegar or a little ammonia for especially greasy clothes. The bicarb soak is great for tea towels too.

Greenpeace has produced a pamphlet called *Stepping Lightly on the Earth: Everyone's Guide to Toxics in the Home* which has all the information you need for cleaning, polishing and pest control in your home without resorting to expensive and dangerous commercial products.

For Glenn and Adrienne Hawser and anyone interested in RECIPES FOR SOAPS, cosmetics and so on, I can recommend *The Herb and Spice Book* by Sarah Garland, published by Francis Lincoln Publishers Ltd. I have the Book Club Associates edition. It is a useful reference on many aspects of herbs, except growing (it's English).

For everyone who has WHITE ANTS subverting their tree planting efforts, water your trees with soapy water. Use the waste water from your wash up, shower, laundry. Even if you're still using detergents, trees are great purifiers of the soil as well as air. I don't know how or why this works, but old timers around here swear by it.

I hope this information is useful. Best wishes to all.

**Janet Cumming
ALICE SPRINGS 0871.**

Dear Fellow Travellers,

I agree with Kim Hynes of GR 71 totally regarding HOMEBIRTHS. If you don't have total support, don't try. I tried with my 4th child, my partner's 1st, with his wholehearted support and against his parents' wishes and lost, 1/2 way through, although I did not succumb to a caesarean as they would have liked. I still had a natural birth and no stitches – but against what odds! I even had to fight the grandparents' pressure (both being medical people) to take my baby out of the respirator and home. So when my partner's 2nd and my 5th was conceived, I was determined to go homebirth with Peter Lucas. Against too many odds, I gave in and arranged to go to the local hospital. I even hoped he'd be away surfing, I was so disappointed. And yes she presented so easily I could have been alone.

Now I'm having to defend my choice on IMMUNISATION under heavy threat. Whereas I don't feel I need to justify my position on my ability to live responsibly, I would like some support and some facts and figures on the current situation please. Also I'd like to homeschool but don't know if I can now I'm on my own. I often question whether my ideals are too unrealistic, or whether I need to have courage and fight. I'm aware of the rapid change taking place on this earth and I'm pushed to urgency along with the planet.

**Mari Alexander
PO Box 131
AIREYS INLET 3221.**

Dear Grass Roots,

I live in the Star Mountains of PAPUA NEW GUINEA. We came here almost 12 months ago from Perth, WA. The township of Tabubil is on a plateau in a valley and we are surrounded by mountains on three sides and the Ok Tedi River on the fourth. The only way out of the town is by 10 seater aircraft and a dirt strip! Life is never dull here.

We have one of the highest rainfalls in the world – close to 10,000 mm (400 in) per annum. Unfortunately very little sunlight, so growing vegies is almost impossible. I've had great success with all kinds of chillies and cherry tomatoes but my corn, pumpkins and rock melons refused to budge past the seedling stage before expiring. Now I'm trying beans, so far so good. The only fruit we can grow here are pawpaws (as long as you beat the fruit bats to them) and grenadillos. It is also pretty impossible to grow herbs, so we have to make do with the stuff in jars from the store. It all sounds terribly depressing (and

sometimes it is) but then I can look out of any window and gaze upon the beautiful Star Mountains. We can swim in totally unpolluted creeks and rivers. We can be swooped by giant birdwing butterflies and there is a pioneering spirit here that produces friendships of long standing.

I welcome correspondence from other GR readers and also some answers to my PROBLEMS WITH VEGIE GROWING in these conditions.

**Cathryn Backer
PO Box 512
Tabubil
WESTERN PROVINCE PNG.**

Dear Grass Roots,

I have been reading your excellent magazine for some time, and impatiently look forward to each new issue. In recent issues, there have been several inquiries about WATER RAMS, and I am pleased to draw readers' attention to a unit made by SR Wilcox Pty Ltd, 197 Bay Rd, Sandringham 3191. Ph: 03-598-6622. Their ram costs around \$300 and they print a very informative brochure which clearly sets out the requirements for satisfactory operation. A letter or phone call will receive prompt attention from their staff. I am sending one of their brochures direct to Malcom Mathieson and Julie Diethe (Feedback, GR 67) and to Mrs L Fallon ('Wanted', GR 67).

Let me point out that I have no connection with this firm, and have suggested to them that an ad in *Grass Roots* would create plenty of interest. Keep up your good work!!

**Adrian Pryor
18 Gale St
ASPENDALE 3195.**

Dear Megg,

My wife and I have a 7 1/2 acre block just out of town where we plan to build within the year. Our problem is, we can only obtain rain water. We plan to install a 90,000 lt (20,000 gal) inground tank. We are also interested in using WASTE WATER from the bathroom and laundry for the garden. From research so far we have been advised to use a grease trap type tank for settlement purposes and use a sand and charcoal filter.

Our block slopes to the north with good rural and sea views, so we are planning our house to catch the sun and for views. If anyone has had experience with recycled water or ideas for home designs, we would love to hear from you. Our 3 children are looking forward to living on our new block.

**John and Ruth Cannon
15 Jermyn St
ULVERSTONE 7315.**

Dear Grass Roots,

We have recently MOVED TO PARKES after a sojourn in the salubrious Northern Rivers area. Here everything is dry and dusty and sunburnt. We miss the large number of GR types that abound in the NR area, and wonder if there are any GR folk out in this neck of the woods. If any there are, do look us up or write (Telecom has not yet caught us in its delicate web of lines). We are into loving the environment, peace, inner life and into co-operatives and small area (biodynamic and organic) farming ideas for a future back in the north some time down the track. Om Shaanti.

**Pritam & Julie Sekhon
3/37-39 Glenhaven Ave
PARKES 2870.**

Dear Megg & Co,

Now that Mr Keating has given us some money (or has he?) we felt it was time to shout ourselves a year's subscription instead of waiting impatiently for *Grass Roots* to appear in the newsagent's. Whenever we find something of particular interest to us, I note it on the front cover of that copy, to save leafing through each and every one when I am hunting for that particular article. (I always become sidetracked by other articles and letters if I am not careful.)

Thanks for a great magazine.

**Marg & Tom Linahan
306 Windermere St
BALLARAT 3350.**

Feedback Link-Up Feedback

Dear Readers,

I am on a transitional diet to raw food vegetarianism and have a couple of queries. Firstly, what is the cheapest way to OBTAIN ORGANIC WHEAT, sufficient for our family? Can someone tell me where I can get a five gallon/ twenty-two litre wooden cask, or pottery crock, suitable for MAKING SAUERKRAUT? Is it possible to make edible essen bread, or do you have any recipes for cooked sprouted grain breads? Are there machines similar (or that do the same job) to the Champion Electric Juicer, the Lifestream Manual Wheatgrass Juicer and the Nature's Spring Water Purifier? In the garden, has anyone had success in growing vegetables with summer temperatures at 40-45°C (104-113°F) and a rainfall of about 200 mm (8 in)? I would really be interested in hearing from grassrooters with similar interests. All the best to everyone.

Dimity Lindemeier
M/S 802 Church Rd
Binjour
Via MUNDUBBERA 4626.

Dear Grass Rooters,

Hi! Since our last letter (GR 68) our life has changed. We didn't get the 5-10 acres we wanted, but we left Alice Springs. We've bought a house and large block at Kalangadoo just out of Mt Gambier. The area is exactly what we wanted, the soil is fertile and the place big and suitable for children, flowers, chooks and vegies. Thank you everyone who responded to our ad, I believe I have written to everyone personally even though it took a while. We were prepared to travel for 12-18 months but 4 weeks after leaving Alice found Mt Gambier. After 1 month in Mt Gambier we moved into our home.

Everywhere we've travelled over 6 or so years there seems to be the same thing happening: trees and vines fruiting, dropping and rotting fruit. Does no-one utilise these trees? Maybe someone could start up a type of SURPLUS CO-OP. I know I'd love to preserve and make jam etc but sometimes I just can't cope with the excess fruit or vegies. Surely everyone knows of trees like this. Why not start up a new friendship by asking your neighbours for their excess lemons and oranges, and in return giving them a couple of jars of marmalade or whatever you've made. It's just awful to see trees breaking from the weight of uneaten fruit or see it left rotting on the ground.

Would love to hear from anybody in southeast SA who'd like to help or just write. God Bless.

Gayle, Bert, Andrea and Michelle Tuddenham
7 Ann St
KALANGADOO 5278.

Dear GR Readers,

We (Bryan, Jenny and Holly 20 months), are considering MOVING TO LONGREACH in the near future. We are a bit worried about sticking out like sore toes, being vegetarian, unmarried and not exactly church going! Are there any GR type people in or near Longreach who could tell us about the place and people, or just anyone who's been there and can shed some light on a place we know nothing about (except it's hot and dusty!). We are desperate to hear from and write to not only GR people in Longreach but anyone who has gone to live in a country town. We are desperate to make a break from city life, but scared at the same time!

Hope to hear from you soon – all letters answered.

Bryan, Jenny and Holly
12 Harriet St
RED HILL 4059.

Dear Megg,

On my last shopping outing, I finally picked up a copy of *Grass Roots*. It should have been twice the size, that is how quickly I read through it. I am amazed how many people are into this way of life, and at the same time grateful that they are. This way, maybe the world has a chance to become normal once again! You have your heart in the right spot, thank God, keep it there!! If I sound funny to you, maybe I have the right (or a little), since I had to learn English in the later part of my life. Next year I will be sixty, with God's help. For more than 30 years I wanted to go bush, well 5 years ago we made it!

A word to Bev and Bryan, Glenquarry (GR 67): we felt the same way you do at present, and many others I am sure, but really we should

be grateful that COUNCILS do look after things, as we found out. They do work in our interest and deserve a pat on the shoulder, as they can save the builder a lot of money in the long run and misery as well. If you take the foundations, no owner builder knows it all, if your foundations are too weak and the floor starts cracking up, or walls split open, pipes can crack due to movement in the concrete slab. Can you imagine the mess you'd be in? The sewer is another one they hassle over. But once in the house, you'd be amazed how quickly the pit fills and if the evaporation pit is not existing or too small, too shallow or too close to the house, you'd have the whole mess in the garden. If there are children or even the chooks, dogs, cats, any animal puddling around in the sewerage, one could get all sorts of illnesses, even lose someone you love very much. Try to look at it all from this side, it makes sense and might not hurt so much any longer. Chimneys and flues are the same thing, what if the house you build so lovingly, and at great expense, went up in flames one day, just because you didn't stick to the rules.

To Jenny Halkier, Clematis (GR 67): as far as I know, when SLEEPING you should face east; makes sense, that is where the sun rises and you get the most benefit of the powers that run with the earth's axis S-N, they are I think magnetic, but a word of advice, don't put a window opposite the bed as the rising sun can be disturbing, as well as a full moon.

For eiderdowns (Lyn Henderson, GR 67, p. 14): don't crush or snip off the harder quills, just get a good grip on the top of the feather, then pull one side towards the bottom then the other, it is called slit, slip or splitting, that way you get the downy part only and not the hard ends that poke into your cover.

Just remembered something else, can I get a basic recipe for wine making, any sort? And any information on planting with the moon phases?

Looking forward to the reading I shall enjoy in other *Grass Roots*. Keep up the good work and help you give to many.

Bambi
URALLA 2358.

Dear Grass Roots,

G'day to all GR readers, contributors and editors, thanks for a wonderful magazine, well worth the wait. To Alma Embacher (GR 68): I tried your recipe for cheese, but I think maybe I should have placed it in the fridge whilst pressing it for the first three days as it had just a faint 'off' tang to it when ready. Otherwise it was OK. Also, in Aug 82 I made 4.5 lt (1 gal) MEAD from the following recipe. I forgot about it until Nov 88 and when we tried it, it was pure nectar from the gods! I only have 1 bottle left and I can't wait for a special enough occasion to open it!

1.8 kg (4 lb) pure honey
4.5 lt (1 gal) water
1 lemon
1 orange
1/2 tsp mead yeast
1 tsp yeast nutrient

Bring honey in water to boil, leave to cool in bowl, when blood heat add citrus fruit, yeast nutrient and yeast, pour into fermenting bottle and fit air lock. Wait! Mead often takes rather long to ferment, but when it is clear and fermentation ceased, siphon off into clean bottles and leave to mature. If you can bear the waiting, the more years you can leave it the more exquisite it becomes. Happy drinking!

Marina Sandeman-Gay
28 Parkside Dr
DAPTO 2530.

Hi,

Well here I am once again, asking for help. Last time I wrote it was for seeds from a special unusual plant the 'Cow Udder', and thanks to a *Grass Roots* reader, I now have them growing, and doing wonderfully well too. This time I'm after information on how to DRY ORANGES and lemons with cloves in them, to hang inside wardrobes.

I'm always interested to hear about any craft or to help out if I can – drop me a line, love to hear from you.

Elaine Blomdale
PO Box 421
KYOGLA 2474.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I am sure that there are many fruitarians amongst the readers of *Grass Roots*. I have some pages going back to GR 36 in which Pauline from Barmera SA wrote to get in contact with other fruitarians. Then in GR 42 there appeared a letter from Norm David, formerly of Cooktown, I have heard he since passed away but it is believed that he was a very fervent fruitarian. We have Greg and Rowena Birtwistle who wrote in GR 63. Further, under 'Contacts' in GR 65 there appeared an ad from a male asking for a female fruitarian companion. In GR 71 is a query from H Y Goater from Cannon Hill wanting to contact Brisbane fruitarians.

For those interested I'd like to mention that a FRUITARIAN NETWORK has been set up, and as the co-ordinator of this Network I can always be contacted by dropping me a line, I would love to hear from you. With peace, joy and love.

**Rene Beresford
PO Box 51
NAMBOUR 4560.**

Dear GR Readers,

Due to an over abundance of PUMPKINS (they are springing up everywhere I look!) I was hoping some kind folk could forward me some recipes, in particular a nice creamy pumpkin soup. I would be happy to reimburse any costs involved. Also I would simply love to hear from readers who have time to write. This is my first year out of the workforce as a new mum and I'm feeling a bit isolated so would welcome a letter here and there from someone in the same boat or just looking for a penfriend.

**Kym
PO Box 56
KEMPS CREEK 2171.**

Jill Redwood's pumpkin recipes (GR 69, p. 40) should help. GR 67, p. 81 also featured a list of pumpkin recipes that have previously appeared in the magazine.

Dear Megg, David and Grass Roots Folk,

This is my first letter to you, since recently receiving *Grass Roots* on a regular basis. The magazine is full of interesting and informative articles, but best of all, it's full of real people, people who feel and share.

After reading my first 3 copies, I wondered if I was missing out on life – because I was not 'self-sufficient', and probably never likely to be! Being a resident of suburbia, with a husband who is a high school teacher and myself doing casual relief teaching, the hectic pace of our lifestyle seemed completely opposite to all the dreams (past, present and future) of so many of you who write to *Grass Roots*. However through the past 30 years of yoga, I have come to realise that we all have a ROLE TO PLAY in this world and each one of us can contribute our character's personality in such a way that we will be a positive force in its development, however small it may seem.

Consequently, I was thrilled to read of Helen and Dean's ambition in GR 71, p. 9, to write a book for children about life in a national park and of course immediately wrote to them with some ideas. Because of my husband's occupation we are very fortunate to be able to enjoy the wonderful range of national parks environments during school holidays, and our family (2 girls, Kerry 12 years and Lee 7 years) have experienced and cherish many wonderful family times of camping and getting back to basics. I also organise a lunchtime activity at the girls' school, during which we walk and explore in our very own local Conservation Park – Black Hill.

Many children and adults do not have the opportunity, for many reasons, to be self-sufficient, but we can still grow in our awareness of the environment and make a positive contribution to other people's growth by sharing our knowledge in a wide variety of ways. So, best of luck Helen and Dean with your book/s, and thank you Megg and David for your fantastic magazine that provides an opportunity for so many people to share in so many different ways, many of which never go to print! Love to you all.

**Joy Stewart
44 Maryvale Rd
ATHELSTONE 5076.**

Dear Megg and David,

In reply to your query about AGEE PRESERVING BOTTLES, I can't help, but our local shop gets Vacola stuff from Australian Hostess Industries, 245-285 Burwood Rd, Hawthorn 3122. I haven't seen Agee gear for a long time now, but use and get on well with the Vacola range. Am presently bottling tomatoes, as it's been a boomer year for them here. Had to put shade cloth on the north side, and over the plants, as the hot north wind and sun burn the tomatoes here (maybe too much ultra violet from the hole in the ozone layer?).

Garden peas, broad beans, silverbeet and Pontiac spuds did well last winter, but the pumpkins have only been marginal this season. I was given a pepino plant and it looks happy and has 3 fruit on it so far. Don't know what kind of pepino it is, but suspect it's one of the smaller fruit ones.

My woodcraft industry is limping along. I find if I charge more than \$3.00 an hour for labour making the gear, it's too dear for the tourists to be interested in. I'll keep going this year, but if things don't improve I'll have to try and get a job again.

If you know anyone who needs to live in a constantly windy climate, tell them Streaky Bay on SA's west coast is the spot. I reckon the wind only stops to change direction here! All the best for your great magazine, and to all the other people who read it.

**Michael Hunt
13 Centenary Rd
STREAKY BAY 5680.**

Dear Grass Rooters,

Hasn't it been hot lately? The summer was fairly mild over Christmas in South Gippsland, but I'm not so keen on sunbaking, as I have a very tender skin. Also, with the new dangers of skin cancer, you cannot be too careful. I can avoid SUNBURN when out of the water by lots of shade, big shirts and hats, but while I'm swimming it is another matter. Has anyone got any good (waterproof) ideas, as 15+ sunblocks do nothing to me? Here's one or two good sunburn relievers from a great book, *The Make-your-own Cosmetic and Fragrance Book*, by Elizabeth Franke: aloe vera juice (of course), cucumber, strong tea (the tannin takes the sting away), calamine lotion (a good standby for every outdoor complaint), and also pulped lettuce leaves. I specially recommend the cucumber.

Also, anyone interested in a small one teacher school in South Gippsland please write to me. Our school is one of the last one teacher schools in Victoria and we desperately need more students. Are there any other Victorians whose children attend a similar school?

**Louisa Vale
Creamery Valley Rd
TOORA NORTH 3962.**

Dear Readers, Especially Past Aga Owners,

I would like to say thank you very much to those people who wrote to me about the problems with my stove (GR 70, p. 11). I don't think I can write back to everyone – there were a lot with no address on them. I never realised there were so many Aga stoves around. Thank you once again. By the way, if anyone is interested they are coke burners.

**Mrs R Hupp
PO Box 6
MENDOORAN 2842.**

We presume, though, that you have written to individually thank those people who in their kind efforts to answer your request did include their addresses. A personal reply, however brief, is always valued. An article giving more information on Aga stoves is included in this issue.

Dear Megg and Kath,

I would love to BOTTLE FRUIT IN JUICE but have no idea how to start or finish. Perhaps some of your readers would drop me a line and give me any information please! I would like to know which fruit, which juice and what kind of bottling equipment I need to purchase. I am a complete 'rookie' so would be very grateful for all help.

**Phyl Cripps
60 Denmark St
KEW 3101.**



gumnut gossip

by Megg Miller



Some issues of the magazine come together without a hitch; others, well, they are a headache from start to finish. This one has been like that – not surprising really as we have had new staff vainly trying to grasp the office procedures and at the same time learn our new page makeup system. Very much a case of sink or swim for all of us! There was one horrible moment the other night when it looked as though we had 'gone under' and that the magazine, if there still was one, would be very late. David is our expert on the new paging system and he had received a new programme in the mail that would enable us to work a little more quickly. In his eagerness to try it, he typed in the wrong command – with the result that the screen went blank. He turned the system off and allowed it a cooling off period (and one for himself), turned it on – but the screen remained blank. David is a cool customer but by this time he was panicking as there was a strong chance he had inadvertently scrubbed all the files with our articles on them, days and days of typing. He sat there stunned, his forehead beaded with perspiration. He turned the machine off again and expounded upon fools who never read instructions properly. When he turned it on again a little later, it started, bless it. I'm not sure which of us felt the greater wreck: I'd played through in my mind so many scenarios of 'would we or wouldn't we finish it' that I was exhausted, and David was very subdued by the experience. The dramas associated with getting this issue to the printers didn't finish there but none have equalled this potential calamity.

Thinking more cheerily, it is a pleasure to be able to introduce our new work team to you this issue. They are all women as it happens, not because we are deliberately sexist but because our short work week and flexible hours appeal to those at home meeting school buses and family commitments. Christine and Celia started just after Easter and rescued Kath and me from running the place on our own and going around the twist. Chris is a long time reader of GR, a keen gardener who is kept busy with a teenage family. She has taken over the clerical and accounting side whilst Celia, who is just a few years younger than the rest of us (though she insists it's much more than a few!) has mastered the intricacies of our paging system and worked with David to provide all the setting for this issue. Both have become accustomed to our foibles and seem to be surviving the deadline crises, although we threatened Chris today with a spell in the goose pen if she pressed the wrong key on the computer again and sent it into a dyslexic scramble. Our two occasional helpers are Mary and Heather, who have helped us out during the rush and will do so with future issues. Mary has been proof-reading and writing book reviews and Heather typing. Both live on small holdings and enjoy GR lifestyles, balancing farm work with family life and school and community involvement – and now the occasional day with us.

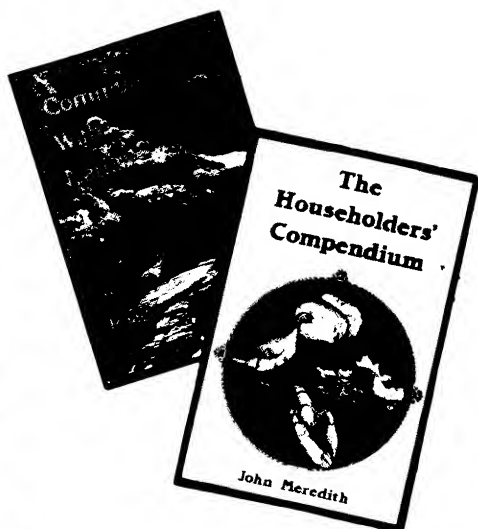
During this staff changeover some areas of work suffered congestion and it's taken a little longer than we anticipated to deal with them. If your order has been a little slow in arriving or you're awaiting a reply from us, take heart – we haven't forgotten you, we've just fallen a little behind. We've been acutely aware of the fine job our former troops – Julie, Anna and Yvonne – did and have had to resort to the occasional phone call for help. Now that they are past the teething stages in their new jobs they're really enjoying them but still have the time to ask after various readers and see whether we're looking after you the way they did.

Those of you who purchased your GR over the counter will already be aware that we've had to increase our cover price this issue, but we have tried hard to keep the subscription rate down as low as possible. Costs in general seem to be rising at the moment and publishing is no exception. A small business like ours can only absorb them for so long and then, regrettably, must pass them on. Some years back a fellow editor commented that GR represented the best value of words for money of any of the magazines around, and this still holds true today. I'm sure even at the increased price there are hours of reading ahead in a magazine which will not only be a handy reference for years but which will also help you save money by learning from others' experiences.

When Carol Gillham sent in the article on fleece selection that appears in this issue she mentioned in her accompanying note that 'one of the beauties of GR is that you don't have to be an expert to pass on information and ideas. Through trial and error I've gained experience and that's how I managed to get the article written'. Carol is right – what makes the mag such a helpful reference is the fact that its writers are doing people who are prepared to look at a situation or process and ask themselves if there isn't a better, cheaper or quicker way of doing things. Not only do they benefit from this less orthodox approach but we all do too. On the phone one evening recently while talking to a poultry breeder, the subject of chook houses came up. 'I've got a terrific set up' he said, 'easy to make and long lasting. I'm going to write it up for *Grass Roots*.' 'Oh, are you, that will be great. Um, I'm from GR.' 'You're not...' 'Yes, and I'll be keen to see the article.' 'Well I'll be...anyhow what's wrong with your sheds that they're always falling to bits?' He was still muttering 'Now I've really put myself in' when he hung up, and I was able to enjoy the absurdity of the situation. I think he was being a trifle boastful because he had a female audience – and it tripped him right up, but like Carol and all the other contributors, he had discovered a practical way of doing something he felt would be of benefit to others – and was prepared to share it. There wouldn't be much achieved in this life if we all had to wait to become experts, would there?

As you will have gathered in this and earlier columns, a lot happens – desirable and otherwise – before the pasteup is safely in the hands of the printers. At that stage we're able to have a few quiet days sorting through the chaos on our desks before the finished product is dropped off by a carrier, and we have the unenviable task of bagging and sending them all out. At Easter, this precious cargo disappeared and for a day or two no-one, neither the printers nor carriers, knew where it had got to. Kath nearly went frantic trying to trace it, and finally it appeared one morning with a carrier no-one had heard of. The final irony occurred that afternoon when yet another carrier rang to say we could look forward to it that afternoon. We're still greatly puzzled by this turn of events – there are gremlins everywhere it seems, not just in our office. When we received a letter that week addressed to Night Out Publishers it just confirmed our suspicions that it was indeed a crazy world we lived in. Secretly we quite like the new title – if only we had the time! We hope your world is a little calmer and more predictable than ours at present, and that you are finding satisfaction and a little magic in each wintry day.

More Great Night Owl Books



Communicating With Nature

Michael J. Roads

144pp \$9.50 post paid

This book shows us how we can work better with nature in a more direct and spiritual way. A book for the new farmer, conservationist and dedicated gardener.

The Householders' Compendium

John Meredith

210pp \$10.50 post paid

Consult this book for new ideas on family meals, what to do with seasonal gluts of fruit, how to make insect repellent, cure warts and more. A valuable source of information on being self-sufficient in a pre-packaged world.

Making Unemployment Work

Cheryl Paul

160pp NOW ONLY \$9.50 post paid

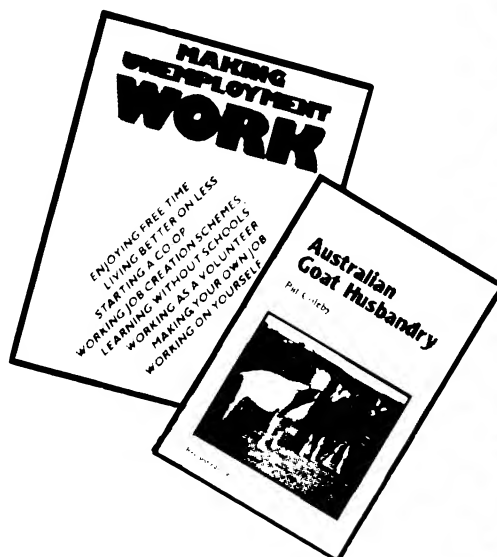
This is an informative and inspiring account of how to make the most of your time while unemployed. It is a practical and positive discussion of the issues and options available to unemployed people.

Australian Goat Husbandry

Pat Coleby

128pp \$10.50 post paid

This is still the most popular Australian goat book available. It emphasises improved management and the prevention and handling of health problems.



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Val Johnstone

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A collection of thoughts on success from some of Australia's most wellknown people. It provides us with a rare insight into the lives of people we often see and hear about. Personalities include Jeanne Little, Bart Cummings, John Laws and Jon English.

Winning Over Worry

Val Johnstone

144pp \$9.50 post paid

The author shows how to use your mental resources to build a happy, loving, rewarding life. An easy-to-read book with plenty of understanding and advice.

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